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Maine Running Vol. 2 No. 8 August 1981

Robert E. Booker

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AUGUST 1981

MAINE Running

P.O. BOX 259, East Holden, Maine 04429 Telephone: 843-6262



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MAINE Running

P.O. BOX 259, East Holden, Maine 04429 Telephone: 843-6262

On the cover of the August issue of Maine Running is Mark Harrington's photo of Keith Wilson, Executive Vice President at Maine National Bank firing the starting pistol that started Portland's biggest 5 miler ever. 966 people registered to run in the huge charity affair and 770 finished.

Gary Crossman of UNH won the race in 24:25. The complete results of the race will appear in the September issue of Maine Running.

The Maine National Bank race stands to dissuade anyone from saying road racing has peaked or is declining in Maine. Check the results of the 4th of July races in this issue.

While you're at it, check out the account of the Rowdy Ultimate submitted by Sam Butcher, and Dr. John's second chapter about biking across Greece, and Skip's thoughts on Triathlons, or Ed Rice's plans to conduct a tribute race in the memory of Terry Fox. This month I've started a new section: a runner's profile. The first such article is dedicated to Larry Allen, the brains behind everything that's good about the Paul Bunyan Marathon. I'll need pictures and commentary on any and all others we do in the future. Here's your chance for some input. Send me some pictures of your favorite runners and race coordinators.



Maine Running is published monthly in Bangor.

Editor: Robert Booker
P.O. Box 259
E. Holden, Me. 04429

Telephone: 843-6262

THE AUGUST CALENDAR

All of Maine's August races with a preview of some later on. Complete TAC news too.

THE ROWDY ULTIMATE: A LOVE STORY

Sam Butcher's thoughts while grinding out 100 miles around Bowdoin's pink track.

BIKING TO OLYMPUS

John and Joe lose their passports, but push on to Olympus.

RUNNING ON...

Skip reflects on fighting cars on the narrow streets of Southwest Harbor.

LET'S REMEMBER TERRY FOX WITH A RACE

Ed Rice is moved by the death of Terry Fox and wants to do something about it.

AT THE RACES

The Ultimate, Damariscotta and the SW Harbor Triathlon are featured.

THE PACK

A bunch of 4th of July romps and several track meets including the Jr. Olympics.

A RUNNER PROFILE: LARRY ALLEN

Larry Allen: Road Racer, Coach, Race Director



RUNNING PROGRAMS OF MAINE

AUGUST CALENDAR

- 1 NORTH YARMOUTH MUSTER DAYS FOUR MILER Rick Strout, 22 Hillcrest Drive,
Cumberland Center, Me. 04021 829-3216
- 2 MAINE SEAFOODS FESTIVAL 10K see flyer in July issue
- 2 BLUE HILLS DAYS 10K Barry Mills 374-2846
- 2 WINDHAM REC 5.5 Larry Dyer 892-8264
- 8 COUNTY BANK CLASSIC 5 miler in Presque Isle, T-shirts and trophies
Contact: Dave Rand 455-4850
- 8 LOVELL ROAD RACE contact Kevin McDonald
- 8 GRAND WILLEY 10K see flyer in July issue.
- 9 LIONS CLUB/WINTHROP 9 & 4 MILERS see flyer in July issue.
- 8 LABATT'S INTERNATIONAL ROAD RACE see flyer in July issue.
- 14 ST. MARY'S 3 MILE (BIDDEFORD) Mark Lessard 603-749-3874
- 15 THE CASTINE TWOSOME AND OPEN ROAD RACE see flyer.
- 15 ALL NEW MAD WITCH HALF MARATHON Rick Coyne Brewer Parks and Rec.
- 15 THIRD ANNUAL BERT 'N I ROAD RACE see ad.
- 22 THIRD ANNUAL KENNEBEC 10,000 see flyer
- 22 WE THE PEOPLE CELEBRATION 3 MILER Bill Taylor at Common Cause/Maine
622-5798. Race at Hyde School, High St. in Bath at 10:30
- 22 HERBERT TOURS 4 MILER Howie Jackson 772-3617
- 23 GOOD SPORTS 10 MILER Rob Jarratt at the Good Sports.
- 23 LEFETE 10K (N. CARIBOU) Conrad Walton 498-3305
- 23 HILLS BEACH 3 MILE Mark Lessard 603-749-3874
- 29 DIAL HELP 7.6143K ROAD RACE see flyer
- 29 SKOWHEGAN LOG DAYS 10K 9:00 am. Contact: Jack Dirkman 474-9500 or Bob
Nicholson 474-6773.
- 30 NORTHEAST HARBOR 5 MILE Rufus Williams

SEPTEMBER PREVIEW

- 5 THIRD ANNUAL WINDSOR FAIR SHRINE DAY 5 MILE Bill McFarland 445-2433
- 6 THIRD ANNUAL ENGINE HOUSE 5 MILE (AUBURN) Jack Linnell 784-4563
- 7 LABOR DAY 10K (GORHAM) Mike Towle 772-3617
- 7 NINETEENTH ANNUAL BANGOR LABOR DAY ROAD RACE Bob Booker 843-6262

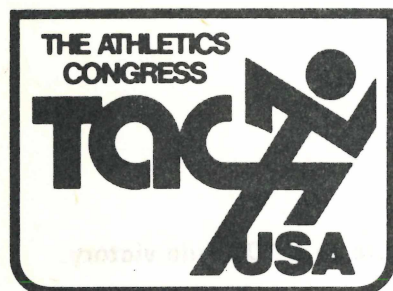
- 7 LABOR DAY 4.3 MILE (CARIBOU) Conrad Walton 498-3305
- 12 READFIELD RUN TO READ see flyer
- 12 JONESPORT 1ST ANNUAL 5 MILER see ad
- 20 THIRD ANNUAL PEOPLE'S BANK ROAD RACE see flyer

OCTOBER PREVIEW

- 3 SECOND ANNUAL AUTUMN GOLD Bob Booker 843-6262
- 11 LINCOLN FALL CLASSIC see flyer

ADDITIONS

- AUGUST 15 KEAG 5 MILER see flyer in July issue
- AUGUST 15 BLUEBERRY RUNS Mike Worcester, Machias Rec., P.O. Box 418, Machias



- AUG 1 Maine T.A.C. Outdoor Open Men's and Women's Track and Field Championship Meet
Contact Person: Frank Sabasteanski, c/o Bowdoin College Athletic Department
Bowdoin College - Brunswick 12 Noon
- AUG 4 Qualifying Meet for 14 and under Track & Field Competitors at Lewiston Track starting at 10 am or at Scarborough High Track at the same time. Contact: Steve Shislock, 7-b Tall Pines, Lewiston 04240, Dick Quinlan Main St., Unity 04988, Ron Kelly, 105 Maple Ave., Scarborough 04074 before July 31.

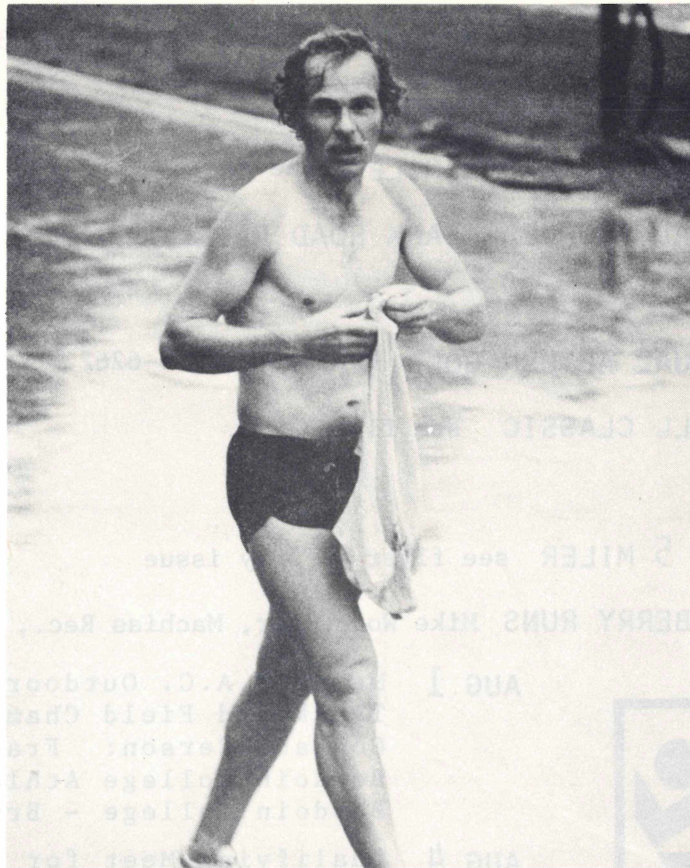
- AUG 8 State Championship for top six finishers in the qualifying meets held at Scarborough. Contact: Ron Kelley
- AUG 15-16 Maine T.A.C. Open Men's Decathlon Contact: Ron Kelley, Scarborough High School 12 noon Saturday; 10:00 Sunday.
- AUG 23 Maine T.A.C. 15+ over 10k Racewalk & 14+ Under 5k Racewalk Championships Contact: John LaFreniere, Montello Field, Lewiston 11:00 am.

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3 Pleasant St, Brunswick





George Gardiner changes into a dry shirt during the rain at his 50 mile mark enroute to a 100 mile victory.



John Leeming oversees the runners and the checkers during the running of the Rowdy Ultimate

A Love Story

"Boy, I hope that I'm running that well two days from now", remarked Phil Soule as Mike Linkovich rounded the Bowdoin track with his graceful lumbering 9 minute pace. That's when the length of time involved came crashing down on me. Phil, Bill Gayton, Kris Soule, and I were puttering around the track moving tables, measuring, and getting rid of nervous energy shortly before noon on Friday, June 19. Even though the prospect of starting the race seemed immediate at that point, the thought that the finish line was almost exactly two days away gave one pause.

If time is one dimension which sets an ultra apart from most other races, the other is the performance required of the people supporting and officiating the race. A 5 mile or a 10 km race with 200-300 runners can be pulled off very successfully with a Goodie, Gillespie, or a Galle and a few assistants with a total race-time input of 5-10 person-hours. The Rowdy Ultra 50 miler required about 60 person-hours to cover about 25 runners and the recent Rowdy Ultimate 24 hour run consumed over 240 person-hours for 22 runners. These inputs do not include the time spent by each runner's personal support crew. Further, the spirit with which each official performs his or her task plays an important role in determining the performance of the contestants. Running more than a few hours is a long poke, Charles, and if the surroundings aren't upbeat, you just may not make it.

For a personal account of the runner's side of an ultra, I refer anyone to Deke Talbot's tales, or to books by Tom Osler or Jim Shapiro. What follows is, rather, one runner's view of the people who have made a successful race. There will be many errors of omission, but those who are so slighted can, I hope, find some way of identifying with those whose names are mentioned. Also, for the most part, individuals who spent a day or more as personal support crew and the many interested folks who came to watch and lend support are not mentioned.

Leo Cloutier, retired Bath Iron worker and national age-class record holder in a number of sprint and field events starts the field of 22 on the way at noon on June 20th for the Rowdy Ultimate 100 Mile/24 Hour Run under the direction of John Moncure. To date, Leo and John are the only ones to act as starter and head official for an ultra in Maine. This is their third performance.

Things go relatively smoothly for the runners in the early stages of the race, while the checkers are busy learning to identify their runners. Each checker has two or three runners to check every quarter mile, with a time to enter every mile. A few runners have asked to have a time entered every quarter mile, in case there is a need for compliance with the rigorous English standards of record keeping. There is also a head official and a couple of helpers to keep track of the order of the runners. A couple of gophers are needed to gopher food, see whether Carlton Mendell is lost or just pausing in the shrubs near the edge of the track, and, later on, to sweep water off the track.

Dr. Bob Scholl is there from the start to oversee any possible medical problems. In the afternoon he runs easily with Frank Hoelzle; later on he has a number of demands for attention. My daughter, Maddy, joins me for a mile or so late in the afternoon checking to see if there is anything I need, then she joins Kim Beaulieu, then Frank Hoelzle, then Bob Smyth, when Bob begins to hurt fairly early in the race. 100 miles is 400 laps on the track and most runners want some sort of acknowledgement each time they complete a lap. The checkers are very obliging and calls of "48 and 2, Rocky", or "Gotcha, Ralph" ring down from the recesses of the stands.

Rain starts, lightly at first, about 5 p.m. By 8 p.m. it is heavier and there is an inch or more of water at the west end of the track and the runners are doing a lot of splashing. Lawson Noyes, with plenty of help from Mort, Billy, and Trav Soule, and John Gardiner attack with brooms, removing pine needles which impede drainage and continuing the Herculean task of minimizing the build-up of water on the track through the night. I take a supper break about 8:30 p.m. and go up into the stands to take on dry shoes, chicken soup, and jello. Sitting next to the checkers' table, it is clear that John Leeming is in full charge of one end of the table while Franny Currier holds up the other end. Their work includes checking, checking the checkers, and making the critical decisions on which record to play or when to tune out a radio station. Candy Currier, Ed and Mary Mendes, Bob and Grace Green, Becky Edge, and Sally Butcher spend many long hours sitting at the checkers' table. (And, Charles, the hours between 10 p.m. and 6 a.m., when only the runners enjoy hearing "Angel in the Morning" for the eighth time, are long hours.)

I retire for some rest about 11:30 p.m. because my second pair of shoes is now soaked through and conditions are not likely to get worse. The shadows of runners flicker over the tent walls, thanks to the lighting Danny Barker has set up for us and the shouts of encouragement for runners still on the track keep me in the grip of the event. An electronic flash pops occasionally as my son, Sam, and others record the event on film. Shortly after 1 a.m. I hear, over the patter of rain on the tent, "99 and 1, George" then some cheers, then "99 and 2, George", more cheers, and a few minutes later pandemonium at 1:22 a.m. as George Gardiner goes through 100 miles in 13:22:09. It's a super performance and everyone is glad to be part of it.

At 2 a.m. I am moving again. It has finally stopped raining, but a small crew is still at work removing the last vestiges of water on the track. I know that Bob Waddle is up in the stands working because Bob said that he would come in early in the morning and when Bob says he will do a job you don't worry about that job getting done. John Moncure seems to be sort of informally checking on every runner in the early morning hours and when I tell him that I have a bit of knee and hip soreness, he has Bob Scholl next to me within a lap. Bob gives me a couple of Tylenol and makes it clear that he wants to look at things if they don't improve. The combination of long miles and water has turned the area into a real blister city and Dale Dorr is front-and-center with whatever it takes to make feet more comfortable. Dale also spends a lot of time running with Dave DeLois, who makes it through the event without vomiting once, but Dale's enthusiasm and encouragement extend to every runner on the track. As the sky lightens

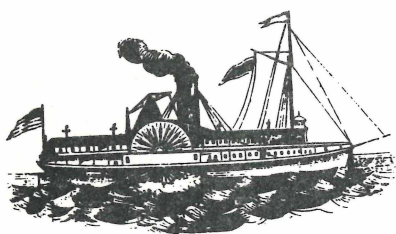
and the lanterns are extinguished, Lynn Ruddy, a Bowdoin coach, returns to the track after having stood in for John Moncure during the hours spanning midnight.

The morning hours from 8 a.m. onward are mainly the hours for hanging on. George Gardiner has won the 100 mile race and there is little doubt that Gary Cochrane is going to win the 24 hour distance event. Gary is about 7 miles ahead of Rock Green and they are running comfortably together, supporting one another, taking the same stops, and apparently running well. Joanne Soule makes another Dunkin Donuts trip after having pumped up the officials with tasty goodies through the night. These are the hours when everyone is pulling for any runner still on the track and going out of the way to help runners just off the track. The endorphines which may sustain the runner on the track abandon their task to Bill Gayton, Bob Currier, and others. Bob Smyth is accompanied by his wife for many miles as he guts it through past 83 miles. Charlie Gordon goes out of his way to help several in the late laps and in turn gets some help from Tina in finishing 90 miles. Ralph Cardarelli is everyone's favorite as he blasts through the last 220 to wind up with 95 miles. Bev Nolan, pushing for an age-group record, makes it by breaking a toilet paper finish line after great support from the crowd and by a volunteer keeping her cool with a water spray all around the track.

The bottom line of this account is that Maine ultras wouldn't be anything, Charles, without the participation of all who pitch in. They do a super job and I love every one of them.

Sam Butcher

THIRD ANNUAL BERT 'N I ROAD RACE



Saturday, August 15, 1981 at 8:30 a.m.

A seven mile road race sponsored by the Vassalboro Recreation Department

Registration will be held between 7:30 a.m. and 8:15 a.m. at the East Vassalboro Elementary School, Route 32. Entry fee will be \$3.00. Make checks payable to Vassalboro Recreation Department. Merchandise will be awarded to the first and second place finishers in each of the following divisions: 14 and under, 15-19, 20-29, 30-39, 40-49, 50 and over both men and women.

Name: _____ Sex: _____ Age: _____

Address: _____

Zip _____

In consideration of this entry being accepted, I for myself, my heirs and assigns hereby waive and release any and all rights and claims I may have against the sponsors of this race.

(Signature)

(Parent's signature if under 18)

You can get there from here!

Don't Miss 1981 Kingfield 10K

TWO GREAT EVENTS

Kingfield 10K

Saturday, September 26, 1981
11:00 A.M.

Sugarloaf Uphill Climb

Sunday, September 27, 1981
10:15 A.M.

The Kingfield 10K has earned a reputation as one of the finest races in the state of Maine.

It features high calibre competitors, the fastest 10K course in the state, a beautiful setting with no traffic, spectators, written results at awards ceremony, free refreshments and live entertainment after the race.

The 70% flat and 30% easy rolling hills take you on a tour of the beautiful village of Kingfield. A 1 mile loop brings racers back to the start before heading out of town on an out-and-back course with spectacular views of the mountains. The finish line is a stone's throw from the start, but the finish is not the end.

Post race activities include an outdoor concert with free liquid refreshment, sandwiches, and the awards ceremony. It's a warm friendly gathering in a relaxed atmosphere.

New for this year — a children's race for all kids 10 and under. It will be 1-2 miles in length.

The Sugarloaf Uphill Climb is actually an older event than the 10K. The organizers of the 10K have decided to bring it out of retirement to test all the hardy runners.

The race starts at the base lodge (elev. 1600') and proceeds up a tote road on the Binder ski trail, and ends, less than 3 miles later, 2637 vertical feet higher, at the summit of Sugarloaf Mountain. The record for the climb is 29 minutes, 29 seconds. This is not a race; it is a challenge that should only be attempted by conditioned athletes. Commemorative T-shirts will be given to the first 50 finishers. Free refreshments and a ride down Sugarloaf/USA's gondola (weather permitting) will be given to all competitors. This event begins at 10:15 sharp.

Applications are available at all Maine Athletic Attic Stores, in the September issue of Maine Running or by sending a self-addressed stamped envelope to Kingfield 10K, Chip Carey, Kingfield, ME 04947. You can reach me at 207-237-2000 (work) or 207-265-2273 (home).

(These requests will be answered the 1st week in September.)

Special lodging rates at the Sugarloaf Inn \$32.50/person includes 2 nights lodging, 2 breakfasts. 1

BIKING TO OLYMPUS (or, "Joe you're not really enjoying this vacation unless you bike so hard you puke!")
by Dr. John Frachella

INTRODUCTION:

"The bicycle is more than just a great vehicle for recreation, for exercise, for commuting; it is in fact, with human power, the single most efficient form of travel known to exist on earth. But it is more than that. In many countries of the world, the bicycle is a practical and efficient transporter of goods. During a recent bicycle trip around the world, I saw a bicycle carrying a load of chairs that would be difficult to fit on a modern pickup. Others carried six goats, 500 pounds of clay pots, eight stems of bananas, whole trees, or several sacks of rice. My 35 pounds of equipment seemed insignificant in comparison."

Lloyd Sumner

(Lloyd Sumner completed his first global bicycle tour in 1975).

INSTALLMENT #2

When we woke up the next morning, the third day of our trip, the sky was gray and threatening rain.

We'd been advised the night before by the owner of our hostel to visit a village across the isthmus of the Bay of Corinth not far away. The name of the village was Kato Wasseliki and it was supposed to be very beautiful. We decided to ignore the rain, brave the mountain range that loomed before us, and hit the road by 8 AM.

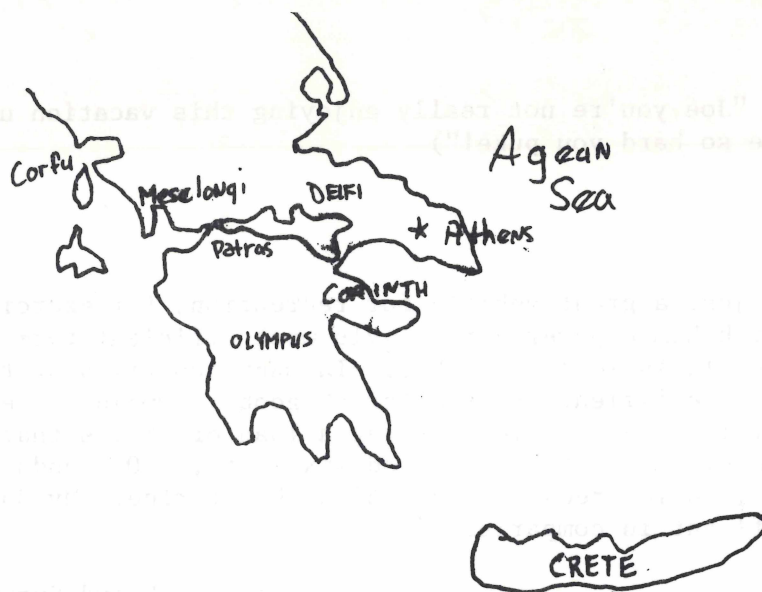
We took a ferry to Anterion, about a 10 minute boat ride from Patras, and we got off in Rion, about 10 kilometers east of Kato Wasseliki. It was slightly foggy, the countryside was thick with deep green vegetation and the road was steep and mountainous.

At one point we stopped to take some pictures when an old man and woman came out of their house to invite us inside for coffee. Surprised, we accepted. Their home was neatly white-washed, it was humble, clean, and made entirely of earth. The old couple managed to get across that they wanted us to send them a picture of themselves. We told them as best we could that this was possible and while we drank our coffee the old man copied down his address. We all shared each others' comfortable smiles and after a few pictures outside their house, we shook hands and waved good-by. We knew we'd shared something special, something beyond words.

Back on the road, the mountain got even steeper and looking up we could see the road swith-back through the mist. The wind was blowing, but the rain had become light and warm. The higher we got, the more the wind howled through the passes. At times cross-winds would almost sweep us off our bikes, especially going downhill on the curves. We were surrounded by mountains - harsh, craggy, barren cliffs with valleys of luscious vegetation, and farms clinging to hillsides with terraced fertile soil. We went down into a huge valley and we finally came to a sign that said "Kato Wasseliki". We took a small dirt road that twisted its way to the sea.

Kato Wasseliki wasn't even on the map. Geographically it was perfectly protected on both sides by giant cliffs. Within the village there was a restaurant, a cafe, a dozen houses, some fishing boats and a long inviting beach.

After some "Nescafe" (which turned out to be a cold, whipped coffee drink) and some bread, we decided to set off for Messolongi, a town some 30 kilometers west. We would return to Wasseliki later in the day. It was drizzling but not enough to spoil the view of green valleys and craggy peaks - powerful, bold and threatening.



We came to an alluvial flood plane on the Evinos river and the landscape suddenly changed. The approach to the town of Messolongi was perfectly hill-less, a noticeable change after biking through a mountain range. There was a strange feeling here; it was too quiet, too somber, too subtle. We saw a lot of poor, very old and very young people.

Inadvertently we went through some gates and came into an area of pretty shrubs, huge cacti, tall thin pines and palm trees. In strategic spots there were pedestals and on top there were busts of obviously important people. The faces on the busts all resembled each other: they had huge bushy handle-bar moustaches, large liquid eyes and prominent foreheads. It was like a dream, unreal and incomprehensible. We stood and stared for a few minutes straddling our bikes, until we were shooed away by some men who were probably ground attendants. We suddenly realized, as we scrambled out of there, that we must have been in an important cemetery where bicycles weren't welcome.

When we got on the street there was an indescribable somberness, a reserve, an eeriness about the demeanor of the people. We were uneasy, so we turned around and headed back to the comfort of Kato Wasseliki.

It took us a few hours to return and it was beginning to get dark. Quickly and silently we followed the road toward the beach where we planned to camp and before we knew it we found ourselves viewing a magnificent sunset in the most beautiful place I've ever seen in my life. The beach was totally isolated on all sides by mountains. Blue-green water met rocky cliffs and a luscious, vegetated valley met clean white sand. I was speechless.

We pitched the tent and we were just relaxing when Joe discovered something awful: we had foolishly left our passports in Patras as a security deposit at the youth hostel. By the time we decided what to do, it was 10 PM and we were so worried we couldn't sleep. We walked back to the village to try to make a phone call. Everything was closed except the restaurant so we brought our problem there. The owner didn't understand English but with the help of his son and another man we got the message across that we must speak with someone in Patras. We were led to a corner where there was a box with connectors and switches and a dial. The owner of the restaurant flicked and buzzed and shouted into a receiver for about half an hour with no luck at all - no one would answer in Patras. Joe whispered that I should check out the control box for the phone. It miraculously consisted of four or five antique batteries lined up on the floor in glass jars. We shook our heads and gave up on our passports.

Back at the tent it was dark and we were tired and worried, but tired won out over worried and we slept.

I awoke at 6 and I was even more impressed with our surroundings than I was the evening before. I climbed into the valley between the two cliffs to take pictures of our position on the planet because I knew that we'd never be in as beautiful a place as this for the rest of our trip, and maybe for the rest of our lives. I had a distinct feeling that this place had been revered as a sanctuary since the beginning of man's time on earth, or at least for many hundreds of years before Christ.

I climbed back down and woke Joe at about 8. We broke camp, loaded the bikes and left the beach for town. When we arrived we called Patras again and this time someone answered and said not to worry, they had our passports and we could get them whenever we returned. I don't know if we were more surprised that the phone worked or that our passports were safe. Anyway, we relaxed and ate a breakfast of smelts, eggs fried in olive oil, salad, bread and "Nescafe". Aaaaaa!!

The restaurant owner told us that his name was George and his sons were Alex and John. These people were honest and helpful, and so friendly that we felt as though we'd known them all our lives. George and his wife were probably in their 50's. She was a beautiful middle-aged woman with bright green eyes and a very kind smile.

We would have been comfortable staying here forever but we had to move on. We took photos, exchanged addresses and somewhat reluctantly hit the road.

Everyone waved good-by as we cranked our way out of town.

* * * * *

RUNNING ON...

by Skip Howard

If you like running, biking, rowing or swimming, you'll love a triathlon. Sound like an ad for a fitness scam? Well, it is. And it's one more example of to what lengths we'll go when we've achieved one goal and we're looking for another.

To wit: the Southwest Harbor Days Triathlon on July 12 had a 4-mile bike ride, a half-mile row, and a 2½ mile run to test individuals in each event, as teams or singly. Well, I thought, none of those things seemed particularly arduous, so I'll just enter them all. Ha!

Have you ever tried running on a set of oars as substitutes for your legs after rowing, after riding a bike at a near sprint. Let me then introduce you to upper and lower body anaerobic fatigue, a marvelous state of slow motion recovery complicated only by having to run and groan at the same time. The mere thought of the Iron Triathlon in Hawaii events that include the marathon distance then becomes all

the more mind-boggling. Such a head-to-toe workout is truly humbling.

And the logistics of staging a triathlon are staggering! Marty Lyons and the Chamber of Commerce and the triathlon staff more than had their hands full, and are to be commended for their fine work on behalf of all the participants.

Nonetheless, I highly recommend a triathlon for those who feel that they're up to it. Not only as a sole entrant, but as part of a team. So little of our running involves any team work, that it's a welcome adjunct to our competitive nature. There will be more of these events in the future. Watch for them and consider yourself an entrant. Great fun!

LET'S REMEMBER TERRY FOX WITH A RUN

by Ed Rice

Terry Fox had a dream.

And as he bravely ran on one good leg, across his native Canada, he took an entire continent of people right along with him.

It would seem, as his tearful nurse so poignantly reported, that Terry Fox "ran the last kilometer" of his Marathon of Hope when his cancer-riddled body proved to be the only thing that could outdistance this extraordinary young man's dignity and courage. But Terry Fox did not fall short.

He snapped a spiritual victory line tape that few of us can ever hope to approach.

As runners we know that a glorious aspect of our sport is that running gives back to us something equal - in both physical well-being and spiritual elation - to that which we put into it. We are a community of all sizes, shapes, ages, occupations and ambitions and yet, from the fleetest to the slowest, we all profit. Some of us gather trophies. Some of us have even found ways to make a living from running. But I think in some measure that every one of us owes more to running than vice versa.

I can only think of one person running should be indebted to...Terry Fox. For running became the instrument, if you will, through which Fox touched and unified the collective consciousness of a nation and many, many more people far beyond Canada's borders. He turned the most tragic of circumstances into something positive and uplifting.

I will proudly admit that I have extra special feelings about Terry Fox...because I leaned on the one-legged runner through some personally trying times: a major job disappointment, my wife's failing health with bronchial asthma and then a mysterious running ailment that shut

me down for six months and ultimately required surgery.

But I drew enormous inspiration from the gritty, boyish-looking young man who made adversity a friend, who took a devastating illness that makes so many crest-fallen and reclusive and instead, selflessly, demonstrated that "being handicapped doesn't mean being disabled".

From Terry Fox I learned once again to not dwell on limitations, to dwell rather on potential and possibilities. "People die, dreams do not," he said from his hospital bed, in one of the last interviews done with him before his death.

And so, Maine runners, I have a dream for all of us... a chance for all of us to pay proud tribute to one of our numbers who can no longer join us on the roads... a chance to help Terry Fox continue his dream.

The idea I have is to see us create two benefit Terry Fox Memorial Runs, one for Portland and one for Bangor, and turn the proceeds over to the American Cancer Society's Maine chapter in the name of Terry Fox.

Recently I once again became acquainted with the pain of seeing a friend move away when there were so many more ideas and runs to be shared. I know that Sam Schuman will make a wonderful Dean of the College at Guilford College in North Carolina because he is a caring, sensitive, intelligent man of vision. And as a man of "vision" he's left me to steal one of his lovely ideas for these proposed benefit runs, an idea that would make them extra special.

Sam's thought was to create a night road run, something no one in Maine has really tried. We could use the lighted streets of Bangor and Portland to create a new 5 mile or 10k course (not too short, not too long, so we can get as many people as possible to participate). We could run them on a Friday, Saturday or Sunday evening and in that way not come into conflict with any of the races already

established for any given weekend. What I have in mind presently is the second or third weekend in September, which would allow for plenty of time to construct and promote these runs properly and with the same dignity that was manifested in Terry Fox.

I have contacted the American Cancer Society and its officials love the idea, but at first expressed doubt that there were enough road runners in the state to make the gesture really worthwhile. I'm anxious to get the opportunity to really demonstrate to the ACS, the media, etc. just what a strong body (both literally and figuratively!) we possess as members in an ever-growing society: runners of Maine's roads.

Further, I have been in touch with Canada House on the University of Maine at Orono campus and have set into motion a formal request to Canadian authorities for a copy of the logo Terry Fox wore on his t-shirt for the Marathon of Hope run. I want to be able to give anyone who participates in the memorial run a t-shirt that carries this very heartwarming and symbolic logo or, at the very least, a tasteful "In Memoriam" logo that captures the spirit and courage of Terry Fox.

In the weeks to come I'll be actively pursuing benefactors in both the Bangor and Portland areas. I have a goal of seeing every dollar that goes into the memorial runs wind up as part of the contribution to the American Cancer Society... and that means I'll be relying on the generosity of time and money from both runners and any organizations, corporations, etc. that will back us. I'd like to see us make at least \$5 contributions to get into the run and also canvas friends, neighbors and co-workers for a little extra in supporting pledges. I don't want us soliciting door-to-door or anything of that nature. If promoted properly we'll get contributions from those who care to give.

Now I come to the most important element of this all...you. What I have right now is an idea; what will make this all work is if you care enough to join me at the starting line. For

just one weekend I'd like to see us put aside PR's for just one run, and become a unified force running in support of the society which is attempting to battle the world's greatest crippling disease.

I need race directors, I need race officials, I need all of you people who really understand the logistics of conducting and producing a successful, joyous and safe road race. The best thing, as I see it, that could happen is for all the Southern Maine running clubs to pool their resources and handle the Portland run, while their Northern Maine counterparts were doing the same for the Bangor run.

I'll be in touch with representatives of all the Maine running clubs that Maine Running editor Bob Booker has knowledge of, hopefully to find that you're all in support of my idea and willing to work with me.

In each area I want you people to determine what's the best time for the run, the course that should be used, etc. You know what's best far better than I do. Of course, it's imperative that we decide these things as soon as possible, to insure successful promotional work and considerable time to attract the largest number of runners we can.

For just one weekend we won't be Maine Track Club members, or Rowdies, or Striders, or Good Sports, or Mustards... we'll be something better, Maine road runners with a charitable purpose.

Terry Fox understood that one man can make a difference, and each morning of his consecutive Marathon of Hope runs he lined up alone to prove this to millions and millions of people far more fortunate than he. Let's demonstrate to our Canadian neighbors, to our countrymen and to ourselves that we've fully understood his message.

Join me in keeping Terry Fox's dream alive. Join me on the starting line for a benefit Terry Fox Memorial Run.

(To reach me for more information and, hopefully, to join the cause I can be contacted at 942-4170 or by writing to 173 West Broadway, Bangor, 04401.

AT THE RACES

THE LAST ANNUAL ROWDY ULTIMATE
Brunswick Jun 20/21

The Rowdy Ultimate 100 mile/24 hour run started at noon, June 20, on Bowdoin College's all weather outdoor quarter mile track. Skies were overcast and the temperature about 75 degrees during the start. The leading group in the early stages of the run included Gardiner, Hoelzle, and Kerins, all of whom cleared the first 20 miles at a bit faster than 8 minute pace. The rain started about 5 pm (and continued until about 1 am) and although the runners were all drenched, puddles were kept to a minimum by a sharp volunteer grounds crew.

Gardiner and Hoelzle cleared 50 miles in 6:27 and 6:44, respectively, while Kerins, apparently discouraged at the prospect of running all night in the rain, dropped out at 40 miles. Steady running Gary Cochrane followed with 7:32 at 50 miles. Soon after the 50 mile point George Gardiner had the lead to himself as he continued to run very steadily to finish 100 miles in 13:22:09. He then ran a token mile and retired to cheer on the rest of the group.

Gary Cochrane and Rock Green ran together for most of the last 12 hours and finished in first and second place for the 24 hour event with 131 miles 997 yards, 1 foot and 124 miles 555 yards, respectively. Kim Beaulieu, in her first exploration of the country beyond 26.2 miles, was the first woman at 100 miles with 21:27:43. Bev Nolan, steady as a rock throughout, covered the greatest distance among the women with 105 miles, 94 yards. The skies cleared late in the race and the temperature reached 85 degrees fortunately only for a couple of hours.

Sam Butcher

THIRD ANNUAL DAMARISCOTTA RIVER OYSTER
FESTIVAL 10,000 METRE CLASSIC
Damariscotta Jul 11th

Last year it tried to buck Cook's Corner and the Bunyan and drew over 150. This year the calendar was more kind and the Damariscotta 10k was run with 184 people.

Bill Murdoch organizes one of the nicest 6.2 mile affairs in the state. The course is quite challenging as the runners have to contend with mounds of 6,000 year old oyster shells that the sea has piled into nice little 50 foot hills. The aid stations at 2 and 4 miles are just right for early July running and the people along the course provide all the extra water the runners need.

Bill is going to have a little more water at the finish line next year and I know the Downeast Striders at least will take another road trip to run around the Great Salt Bay.

Bob Booker
36:57 for a PR

* * * * *

SOUTHWEST HARBOR DAYS TRIATHLON
SW Harbor July 12th

While Downeast Striders, Mike Gaige and Jeff Crawford were winning in Damariscotta and Indian Island, teammate Gary Allen was resting up for an event that was made for the Great Cranberry Island native. A 2:45 marathoner who road his bike to Florida and back last year, Gary was looking forward to the Mr. Endurance test in the Southwest Harbor Days Triathlon.

Living on an island was the key to his success as he A-lined his row boat from Manset to Southwest Harbor. He was the third to last to push off on his bike, the twelfth to enter his boat, the sixth to start running and the third to finish in the staggered started event. The three man team beat him by a mere 48 seconds!!!



"THE PACK"

THE LAST ANNUAL ROWDY ULTIMATE Brunswick Jun 20-21

24 Hour Run

1. Gary Cochrane	39	131 m
		997 yd
		1 ft
2. Rock Green	27	124 m
		555 yd
3. Marvin Skagerberg	43	107 m
4. Dave DeLois	33	105 m
		565 yd
		1 ft
5. Beverly Nolan*	46	105 m
		94 yd
6. Kim Beaulieu*	27	102 m
		440 yd
7. George Gardiner	39	101 m
8. Billy Edge	39	100 m
		1320yd
9. Sam Butcher	44	100 m
9. Carlton Mendell	59	100 m
11. Ralph Cardarelli	49	95 m
		1004yd
12. Charlie Gordon	33	90 m
		911 yd
		1 ft
13. Frank Hoelzle	38	86 m
		880 yd
14. Bob Smyth	33	83 m
		1654yd
15. Kim Cavanagh*	29	68 m
		94 yd
16. Bill Gayton	41	67 m
		440 yd
17. George Lattarulo	33	60 m
17. Phil Soule	40	60 m
19. Darrin Billings	21	56 m
		880 yd
20. Mike Daley	34	41 m
21. Mike Kevins	45	40 m
		880 yd
22. Diane Fournier*	34	24 m

100 Mile Race Results

1. George Gardiner	13:22:09
2. Gary Cochrane	17:26:57
3. Rock Green	19:58:14
4. Dave DeLois	20:32:05
5. Sam Butcher	20:54:33
6. Kim Beaulieu*	21:27:43
7. Billy Edge	21:36:17
8. Marvin Skagerberg	22:20:22
9. Carlton Mendell	23:07:41
10. Beverly Nolan	23:08:50

Results courtesy of Sam Butcher

2ND ANNUAL SOLSTICE STRUT 4 MILER Lewiston/Auburn Jun 21st

1. Hank Pfeifle	19:12
2. Ken Flanders	19:41
3. Mike DeChane	19:59
4. Ralph Fletcher	20:01
5. Pete Bottomley	20:23
6. Dan Vogt	20:42
7. Jeff Meserve	20:52
8. Bill Hine	21:14
9. Kevin McDonald	21:18
10. George Towle	21:34
11. Dan Cake	21:36
12. Art Feeley	21:45
13. Greg Parlin	21:57
14. Greg McLoughlin	22:04
15. Todd McGraw	22:05
16. John Kelsey	23:01
17. Lou Morin	23:10
18. Mark Durgin	23:16
19. Cameron Brown	23:19
20. Jim Logan	23:21
21. Doug Ludewig	23:23
22. George Bockus	23:25
23. Gary Weber	23:29
24. Don Therrien	23:33
25. Geoff Rushlau	23:37
26. Mike Arsenaault	23:45
27. Andrew Benson	23:46
28. Merle Hartford	23:50
29. George Liming	23:58
30. Kyle Rankin	24:01
31. Edward Stillwell	24:15
32. Tom Peterson	24:19
33. Dick Sabine	24:21
34. Paul Collins	24:24
35. Keith Johnston	24:25
36. George Nason	24:28
37. Jeff Arsenaault	24:30
38. Erich Reed	24:33
39. Denis Tanguay	24:36
40. Ron Burton	24:39
41. Bobby Sprague	24:42
42. John Howe	24:44
43. Ben Bounsbury	24:45
44. Tom Flynn	24:46
45. Bryan Dench	24:48
46. William Hyde	24:51
47. Mike Smith	24:56
48. Dick Lajoie	25:00
49. Dan Rankin	25:09
50. Lester Everett	25:21
51. Larry Innes	25:22
52. Bill Sayres	25:23
53. Chad Gagnon	25:26
54. Robert Tanski	25:28
55. John White	25:33
56. Gary Hamilton	25:34
57. Brent Clukey	25:37
58. Rick Strout	25:50
59. George Draper	25:52
60. Stephen Bumps	25:54
61. Scott Strout	25:57
62. John Balicki	25:59
63. Peter Gagnon	26:13
64. Richard Poulin	26:14
65. Faye Gagnon*	26:19
66. Marc Adams	26:30
67. Tom McCabe	26:31
Bill VanTassel	26:31
69. Mike Miller	26:36
70. Marc Brunelle	26:38
71. Frank Knight	26:43
72. Arnold Frechette	26:44
73. Louis Talarico	26:44
74. Charles Hutchins	26:55
75. Rick Poirier	27:07
76. Leon White	27:10
77. Bragdon Shields	27:11
78. John Gagnon	27:22
79. Eric Wagner	27:23
80. Charles Morrison	27:29
81. Tim Amero	27:33
82. Norm Keneborus	27:35
83. Patty Noll*	27:39
84. Bill Johnson	27:41
85. Bob Rheault	27:42
86. Robin Everett	27:43
87. David Asselin	27:50
88. Paul Laroche	28:00
89. Ronald Russell	28:01
90. Stephen Mooney	28:20
91. Jim Hoffmeister	28:21
92. Rosalyn Randall*	28:22
93. Ralph Estes	28:25
94. Wesley Scrone	28:31
95. Mark Eule	28:32
96. Steve Hochstadt	28:34
97. Sandra Turcotte*	28:37
98. Wendy Sayres*	28:39
99. Chris Ranco	29:04
100. Greg Allen	29:09
101. Bruce Albert	29:15
102. Andy Summers	29:16
103. Steve Burton	29:18
104. Steve Levesque	29:21
105. Jennifer Elderkin*	29:22
106. Jill Walker*	29:23
107. Dana Shields	29:36
108. Steve Clark	29:42
109. Harry Parady	29:43
110. Clifton Morse	29:49
111. Pat McCabe	29:52
112. Chris Ouellette	29:54
113. Rich Kent	30:04
114. Shirley Packard*	30:09
115. Peter Frederick	30:23
116. Clifford Ouellette	30:26
117. Pam Hennessey*	30:40
118. F. Roger Lavertu	30:59

119.	Steve Crockett	31:03
120.	Don Cheetham	31:12
121.	Leonard Rainey	31:13
122.	Nancy Beward	31:14
123.	Paul Begin	31:15
124.	Peter Cross	31:18
125.	Richard Campbell	31:27
126.	James Chick	31:31
127.	Sue Boucher	31:45
128.	Nancy Frederick	31:50
129.	Mike Miller	32:08
130.	Michael Renaud	32:30
131.	David Miller	32:43
132.	Dick McKeen	32:45
133.	Amy Tchao*	32:47
134.	Dale Sebra	32:54
135.	Kathy Fournier*	32:55
136.	Suzanne Tift*	33:00
137.	Yvette Knight*	33:18
138.	Victor Deprez	33:31
139.	Cathy Hazelton*	33:56
140.	Charlie Barron	34:03
141.	Fred Therrien	34:27
142.	Cindy Benson*	34:38
143.	Laine Hoffmeister*	34:48
144.	Suzanne Anderson*	34:50
145.	Max Anderson	34:51
146.	James Smith	34:52
147.	Lee Fournier	34:56
148.	Marcel Poulin	34:58
149.	Ray Doherty	35:11
150.	Tom Fournier	36:11
151.	Charles Robinson	37:07
152.	Mary Myers*	37:07
153.	Marjorie Murphy*	37:38
154.	Barbara Selwood*	37:38
155.	Jefferson Beward	38:14
156.	Jane Tancrel*	40:00
157.	Ann Shnur*	40:22
158.	J.S. Tchao	40:36
159.	Rit Leslie	41:03
160.	Dave Lafavor	41:05
161.	Linnea Purcell	42:03
162.	Frank Clement	49:09
163.	Kelly Clement	49:24

Results courtesy of Peter Brigham
Race Director

WATERVILLE MID MARATHON 13.1 Mile
Jun 20

1.	Steve Ridley	1:17:13
2.	Arnold Repetto	1:17:47
3.	Doug Handy	1:18:01
4.	Al Pierce	1:18:13
5.	Ken Newsome	1:23:44

Results courtesy of Maine Road
Ramblers Newsletter

SIXTH ANNUAL TOUR DU LAC
Bucksport 10 Miler Jun 27th

1.	Kurt Lauenstein	51:18
2.	O.J. Logue	52:47
3.	Jeff Crawford	53:13
4.	Gerry Clapper	53:25
5.	Steve Kozlovich	54:02
6.	Larry Deans	55:12
7.	Steve Dexter	56:02
8.	Harold Hatch	56:22
9.	Glen Holyoke	56:36
10.	Gary Coyne	56:42
11.	Mike Gaige	56:42
12.	Al Pierce	56:42
13.	Eric Ellis	56:58
14.	Dan Deering	57:23
15.	Don Wilken	57:27
16.	Mark Violette	57:34
17.	John Condon	57:46
18.	Larry Allen	57:58
19.	Sam Sleeper	58:19
20.	Adam Berlew	58:52
21.	Deke Talbot	58:55
22.	Rolf Westphal	59:01
23.	Mike Westphal	59:02
24.	Jim Boynton	59:33
25.	Gene Roy	59:45
26.	Christopher Kein	60:03
27.	Phil St. Pierre	60:20
28.	Dean Rasmussen	60:25

29.	Jim Kein	60:42
30.	Rudy Kelley	61:06
31.	Paul Howard	61:18
32.	Gary Wright	62:42
33.	Jerry Ellis	62:48
34.	Mark Hatch	62:50
35.	Greg Everett	62:51
36.	Dick Powell	62:51
37.	Dave Torrey	62:55
38.	Steve Norton	62:55
39.	Dick MacDonald	63:17
40.	Al LaFlamme	63:21
41.	Bob Nicholson	63:27
42.	Jon Beverly	63:33
43.	Dennis Bates	63:44
44.	Sam Schuman	63:49
45.	Bob Booker	63:51
46.	Cliff Hatfield	64:08
47.	Charles Nichols	64:11
48.	Dana Perry	64:14
49.	Paul Griffin	64:48
50.	Vaughn Holyoke	65:21
51.	Al Howard	65:52
52.	Dave Cunio	65:59
53.	Larry Rich	66:00
54.	Verl Dyer	66:05
55.	Tim Martin	66:17
56.	Andy Lilburn	66:22
57.	Fred Schmidt	66:36
58.	Peter Lessard	67:02
59.	Robin Emery*	67:30
60.	John St. Peter	68:10
61.	Don Rae	68:11
62.	Larry Lunn	68:27
63.	Al Michelson	68:29
64.	Adrian Lilburn*	68:56
65.	Charles Francis	69:00
66.	Andrea Hatch*	69:40
67.	Ken Sylvester	69:48
68.	Dave O'Connell	69:49
69.	Gil Roderick	70:08
70.	Howard Richard	71:30
71.	Carl Sanborn	72:45
72.	Pat Richard*	73:05
73.	Darren Billings	73:33
74.	Bill Pinkham	74:25
75.	Denis Noonan III	74:51
76.	Joe Nelson	75:22
77.	Roger Johnstone	75:29
78.	Patty Clapper*	76:11
79.	John Holyoke	76:12
80.	Kevin Kein	77:09
81.	Norman Fitzgerald	78:06
82.	Lisa DeGrazio*	78:21
83.	Lloyd Wentworth	79:36
84.	Ben Smith	80:00
85.	Kate Brady*	80:13
86.	L.G. Van Peursem Jr.	82:00
87.	Leona Clapper*	80:15
88.	Kevin Wadleigh	82:50
89.	Jean Goldfine	83:03
90.	Kevin Purcell	83:08
91.	Charles Clapper	83:51
92.	Erik Mattson	84:15
93.	Martha McGilpin*	84:16
94.	Sarah Hatch*	84:48
95.	Bob Handelman	85:22
96.	Denis Noonan IV	85:49
97.	Leah Schuman*	86:01
98.	Lori Holyoke	86:56
99.	Edward O'Connell	87:12
100.	Harry Shoenberg	87:44
101.	David DeFroschia	87:45
102.	Kim Damien*	88:33
103.	Dorothy Stockard*	88:45
104.	Larry Rich, Jr.	88:47
105.	Jackie Rich	88:49
106.	Don Osborne	89:44
107.	Fred Kaas	91:52

Results courtesy of Anne & Steve
Norton Race Directors

GREAT KENNEBEC RIVER RUN
Augusta 13.109 Jun 28th

1.	Bill Pike	1:11:03
2.	Tom Doyle	1:21:09
3.	Brian Warren	1:21:28
4.	Peter Hagerman	1:22:04
5.	Richard Williams	1:22:30
6.	Gary Quimby	1:22:55
7.	Gary Weber	1:24:36
8.	Greg Nelson	1:25:25
9.	Charlie Frair	1:25:59

10.	Doug Ledewig	1:26:39
11.	Jeff Arseneault	1:27:00
12.	Ray Quimby	1:27:13
13.	Kyle Rankin	1:27:45
14.	Kevin White	1:27:45
15.	Rick Lynch	1:28:00
16.	R.J. Harper	1:28:21
17.	Tony Lepore	1:28:40
18.	Tom Ryan	1:29:04
19.	Jerold Allanach	1:29:27
20.	Bob Peterson	1:29:33
21.	Dick Sabine	1:29:38
22.	Al Dingley	1:29:49
23.	Dan Rankin	1:31:23
24.	Ray Giglio	1:31:38
25.	Tom Peterson	1:31:53
26.	Orlando Delogu	1:31:55
27.	Patricia Williams*	1:32:08
28.	Vernard Lewis	1:32:39
29.	Ben Venskus	1:33:37
30.	Craig Dietrich	1:35:56
31.	Russ Clukey	1:36:13
32.	Steve Swindells	1:36:25
33.	Diane Lounder*	1:36:30
34.	Richard Cook	1:36:37
35.	Gary Barrett	1:36:39
36.	Mimi Mattson*	1:36:41
37.	Robert Caron	1:36:54
38.	Cliff Olson	1:37:05
39.	Marsha Giglio*	1:37:08
40.	Tim Loisel	1:38:40
41.	Jack Penney	1:38:54
42.	Russ Martin	1:40:06
43.	Joanie Rhoda*	1:40:07
44.	Edward Miller	1:40:15
45.	Ed Atlee	1:40:16
46.	W. Clough Toppan	1:40:42
47.	John Salisbury	1:40:56
48.	John Schwerdel	1:42:09
49.	Tom Daggett	1:42:17
50.	Bruce Bell	1:42:49
51.	Bernard Boisvert	1:43:01
52.	Patricia Luce*	1:43:10
53.	Roger Chabot	1:44:19
54.	Katherine Donovan*	1:45:54
55.	Jane Shain*	1:47:04
56.	Mike Downing	1:47:54
57.	J. Brendan Crowe	1:48:16
58.	Richard Coleman	1:48:56
59.	David Guban	1:50:50
60.	Rose DeBlois*	1:51:21
61.	Mike Ryan	1:51:39
62.	P. Gleason	1:51:41
63.	Pam Hennessey*	1:51:58
64.	Mary Schendel*	1:54:21
65.	Mason Smith	1:57:07
66.	Peter Carkin	1:57:18
67.	David Haller	1:57:54
68.	Gail Schade*	1:58:33
69.	Jennifer Elberkin*	1:59:09
70.	Beverly Green*	2:04:29
71.	Charles Mattson	2:04:33
72.	Larry DeBlois	2:11:53
73.	Cathy Tozier*	2:12:14
74.	James Smith	2:12:14

2 Mile Fun Run

1.	Mike Berrier	12:41
2.	Bill Thornton	13:17
3.	George Dersham	13:24
4.	Marty Thornton*	13:44
5.	David Begin	14:27
6.	John Dikeman	14:37
7.	John Olson	14:50
8.	Dan McGuire	14:53
9.	Joe Massey Jr.	15:30
10.	Brian Toppan	15:32
11.	Brian Drisko	15:56
12.	Ray Doherty	16:06
13.	Chris Atlee	16:17
14.	Phil Trask	16:49
15.	Don Dougherty	17:11

Results courtesy of Al Godfrey
Maine Road Ramblers

VERONA ISLAND "CORSA"
9.3 Mile July 4th

1.	Skip Howard	58:10
2.	Jon Beverly	58:45
3.	Dick Powell	59:24
4.	Verl Dyer	61:00
5.	Larry Rich	61:43

Steve Novak	65:05
Tom Houston	65:06
Lisa DeGrazio*	72:17
Mary Clapper*	76:06
Norm Fitzgerald	77:59
Diane Reddinger*	79:01
Maurice Bissonnette	81:24
Charles Clapper	81:31
Leona Clapper	81:32
Mike Clapper	82:23
Elsie Good	106:34

Results courtesy of the race
director

GREATER BANGOR FOURTH OF JULY 3K

1. Steve Kozlovich	8:59
2. Henri Bouchard	9:10
3. John Condon	9:16
4. Fergus Kenny	9:17
5. Doug Graves	9:20
6. Adam Berlew	9:21
7. Harold Hatch (M)	9:27
8. Larry Levasseur	9:29
9. Jim Boynton	9:30
10. Mike Cole	9:31
11. Gary Allen	9:33
12. Chris Everett	9:41
13. Steve Giles	9:56
14. Chuck Holt	9:56
15. Al Banfield	9:58
16. Tom Barrows	9:59
17. Mike Lantz	10:01
18. Steve Gross	10:04
19. Glendon Rand	10:05
20. Al Harrington	10:06
21. Andy Luro	10:14
22. Lee Stover	10:17
23. Dave Torrey	10:21
24. Paul Fuller	10:26
25. Roger Johnston	10:26
26. Tim Marten	10:31
27. Greg O'Donald	10:32
28. Walt Luro	10:34
29. Mark Dopheide	10:36
30. Dennis Bates	10:40
31. Bill LoPetro	10:48
32. Jim McMillen	10:53
33. John Holyoke	10:56
34. Glen Matot	10:56
35. Tom Shyka	10:56
36. Dave Scholfield	10:58
37. Jeff Brochu	10:59
38. Ernie Steele	11:00
39. Bruce Hunter	11:01
40. Dave Comeau	11:01
41. Steve Barber	11:07
42. Carol Roy*	11:09
43. Jeanne Dolby*	11:12
44. Andrew Dolby	11:14
45. Mike Turner	11:16
46. Ben Smith	11:19
47. Tim Gaier	11:30
48. Rob Schultheis	11:32
49. Dave Theoharides	11:32
50. Terrence Cousins	11:34
51. Dave Smith	11:35
52. Ed Kingsbury	11:36
53. Paul Guerin	11:37
54. Theresa Lawlor*	11:38
55. Earl Kingsbury	11:39
56. Tim Savage	11:40
57. Andrea Hatch*	11:42
58. Brenda LoPetro*	11:45
59. Dave Van Doren	11:50
60. Frank Bragg	11:55
61. Steve Rowe	12:07
62. Unknown	
63. Anne Losiselle*	12:08
64. Merle Lowe	12:12
65. Jerry Reynolds	12:13
66. Wendell Porter	12:14
67. Mike Zanchi	12:16
68. Andrew Baldwin	12:18
69. Robert Spaulding	12:19
70. Lance Willey	12:31
71. Carol McElwee*	12:32
72. Mike Beale	12:38
73. Lori Holyoke*	12:40
74. Vaughn Holyoke	12:40
75. Chris Ranco	12:46
76. Sheila Hodges*	12:47
77. Dick Murray	12:56

78. Walter Capen	12:56
79. John Doherty	13:04
80. Jeannette La Plante*	13:05
81. Mark Stover	13:05
82. Colleen Bunker*	13:10
83. Gordon Halpern	13:11
84. Gary Jones	13:20
85. Hope Mills*	13:22
86. Ed Rice	13:24
87. Dawn Fraser*	13:25
88. Deedra Beal*	13:25
89. Leo Emerson	13:29
90. Beth Adams*	13:30
91. Chris Sullivan*	13:37
92. Janyce Boynton*	13:38
93. Bill Lawlor	13:44
94. Bob Johnson	13:45
95. Shelly Drillen*	13:54
96. Terry Cousins	14:00
97. Jane Bragg*	14:01
98. Ray Hills	14:02
99. Forest Seavey	14:05
100. Greg Halpern	14:08
101. Arthur Webster	14:10
102. Ruth Doherty*	14:12
103. Karen LaFlamme*	14:17
104. John St. Peter	14:18
105. Greg Callant	14:22
106. Mary Beale*	14:23
107. Larry Smith	14:24
108. Paul Kingsbury	14:25
109. Ken Stockwell	14:33
110. Betty Constantine*	14:42
111. Lisa Page*	14:42
112. Andy Boynton	14:47
113. Tim Constantine	14:53
114. Keith Mahaney	15:08
115. Lori Sirois*	15:08
116. Joe Brogunier	15:14
117. Dan Smith	15:21
118. Angela Barrows*	15:26
119. Brian Carrier	15:31
120. Maggie Flynn*	15:46
121. Jane Whitney Little*	15:54
122. Scott Crowe	16:00
123. Jeff Bernier	16:04
124. Dave Foley	16:07
125. John Foley	16:07
126. Amy Fraser*	16:20
127. George Hale	16:24
128. Cindy Doherty*	16:35
129. Rosemary Theriault*	17:24
130. Gail Covello*	17:32
131. Elaine Cousins*	17:37
132. Lynda Barrows*	17:55
133. Jennifer Bragg*	18:02
134. Bradford Raymond	18:10
135. Van Raymond	18:19
136. Bill Dopheide	18:27
137. Michelle Comeau*	18:28
138. Paul Tomlinson	20:29
139. Robert Levasseur	20:30

Results courtesy of the Downeast
Striders * Bob Booker
Race Director

BATH HERITAGE DAYS ROAD RACE Bath 5 Miles July 4th

1. Rock E. Green	26:21
2. Steve Dexter	26:34
3. Tom Emery	27:00
4. Mickey Lackey	27:10
5. John Leeming	27:25
6. Dick McKenzie	27:48
7. Dale Dorr	28:20
8. Mike Daley	28:33
9. Anne Pewe*	28:58
10. Kyle Rankin	28:58
11. Chris French	29:03
12. Rob Jarratt	29:10
13. Gary Wright	29:24
14. George Liming	30:33
15. Tom Doten	30:38
16. Tom Reilly	30:52
17. Steven Barney	31:02
18. Margaret Johnson*	31:10
19. Dan Rankin	31:14
20. Todd Underwood	31:26
21. Paul Kehue	31:27
22. Jeanette Malone*	31:27
23. Matt Falon	31:58
24. Greg Bridgeman	31:59
25. Randy Wine	32:21

26. Wesley Rothermel	32:22
27. Wayne Humphreys	32:23
28. Robert Cressey	32:35
29. Haughton White	32:40
30. Bill Higbee	32:56
31. Brian Milligan	32:57
32. Barney Berube	33:19
33. Lloyd Cook	33:20
34. Steve Filler	33:24
34. Julie Berniker*	33:24
35. Don Brewer	33:26
36. Ken Sylvester	33:30
37. Gary Gander	33:32
38. Ginny Papper*	33:34
39. Unknown	
40. John Rego	33:54
41. Les York	34:02
42. James Favreau	34:02
43. Paul Caron	34:08
44. Doug Munsey	34:11
45. Dain Trafton	34:18
46. Lona Wright*	34:23
47. James Herrod	34:35
48. Larry Walden	34:40
49. Tim Pewe	34:45
50. Pat Spielmacher	35:21
51. Bud Cherry	35:23
52. Jim Peavey	35:40
53. Paul McCourt	35:55
54. Dwight Dwinall	35:57
55. Dennis Dodge	36:22
56. Chuck Underwood	36:26
57. Nancy Bruce*	36:39
58. Mary Deitz*	36:46
59. Paul Quathopni	36:53
60. Mel Ferris	36:57
61. Jon Brawn	37:08
62. Mary Trafton*	37:13
63. Tom Trafton	37:13
64. Jon Reitman	37:14
65. Dana Warner	37:20
66. Denise Messier*	37:24
67. Mike MacRae	37:48
68. Russ Hatch	38:01
69. Steve Warner	38:04
70. Jeanie Doughty*	38:13
71. Steve Crockett	38:15
72. Roddy Powers	38:17
73. Bob Perkins	38:27
74. Tim Trafton	38:48
75. Tracey Daniels*	39:53
76. Bradley Mallet	39:56
77. Celeste Perkins*	39:56
78. Debbie Berman*	40:29
79. Ann MacLeod*	40:31
80. Steve Trafton	40:41
81. Todd Marco	41:33
82. Don MacRae	41:34
83. Bob Forkey	41:35
84. Judi Bernier*	41:48
85. Debbie Trafton*	42:07
86. Steve Trafton	42:33
87. Jane DeLois*	42:34
88. Hannah Gibbs*	43:13
89. David Sirabella	43:25
90. Linda Jucanski*	43:36
91. Sukanya Csenge*	43:41
92. Vera Trafton*	45:58
93. William Haggett	46:13
94. Todd Karl	46:50
95. Susie Chapman*	48:34
96. Ann Kuningas*	48:49
97. Dale Harper	49:55
98. Mary Braun*	50:51

Results courtesy of Kevin Shute
Race Director

BATH HERITAGE DAYS 1.5 MILE FUN RUN

1. Matt Herron	8:07
2. Tim Doten	8:26
3. Paul Lemoine	8:30
4. Ed Moll	8:31
5. Charles Bennett	8:35
6. Jeff Weatherbee	8:58
7. Jim Owens	8:59
8. Ron Jersa	9:11
9. Dan Hart Sr.	9:13
10. Mike Wright	9:21
11. Martin Desmarais	9:25
12. Dan Favreau	9:40
13. Bruce Jones	9:42
14. Todd Hudson	9:44

15. Bill McKellar	9:51
16. Dan Mower	9:54
17. Hugh Goodwin	9:54
18. Dan Hart Jr.	10:04
19. Jennifer MacKenzie*	10:06
20. Tim Long	10:14
21. Steve Doran	10:18
22. Len Westra	10:23
23. Darin Chism	10:24
24. Ricky Cook	10:26
25. Gayle Chadwick*	10:27
26. Allan Stewart	10:27
27. Don Spear	10:27
28. Jeff Robinson	10:34
29. Mike Graffam	10:34
30. Ronnie Cook	10:39
31. Jerry Ritchenson	10:39
32. Mathew Higbee	10:41
33. Debbie Favreau*	10:43
34. Wendy Pooler*	10:44
35. Paulette Sylvester*	10:52
36. Don Poulin	11:00
37. Roger Dwyer	11:01
38. Sally Lovell*	11:03
39. David Searer	11:24
40. Beth McCourt*	11:26
41. Mike Favreau	11:33
42. Gail Favreau*	11:45
43. Anne Hewitt*	11:48
44. Heather Hills*	11:48
45. Matt Cook	11:48
46. Chris Forkey	11:50
47. Mike Dodge	11:51
48. Bruce Pooler	11:54
49. Laura Lee Chadwick*	11:55
50. Julie Jones*	11:56
51. Abby Goodwin*	11:56
52. John Hewitt	12:00
53. Carla McCourt*	12:07
54. Adam Chapman	12:14
55. Duane Plummer	12:34
56. John Caverly	12:50
57. Adam Lohnes	12:50
58. Mark Dodge	13:00
59. Carolyn Hart*	13:01
60. Marilyn Bruce*	13:06
61. Biff Jarratt	13:08
62. Julie Witham*	13:08
63. Ryan Cook	13:11
64. Cammie Wright*	13:14
65. Kim Nichols*	13:16
66. Mike Thompson	13:21
67. Jodie Ritcheson	13:35
68. Dave Champman	13:54
69. Kendra Jarratt*	14:15
70. Robbie Cook	14:18
71. Jud Lohnes	14:19
72. Elizabeth Word*	14:26
73. Barry Lohnes	14:30
74. Chris Searer*	14:34
75. Melissa Cherry*	19:06
76. Janet Spielmacher*	19:08

THIRD ANNUAL GARDINER FESTIVAL DAYS Gardiner 5 Miles July 4th

1. Brad Brown	27:18
2. Todd McGraw	28:31
3. Ralph Thomas	28:40
4. Peter Hagerman	28:55
5. Mitch Lovering	28:55
6. Brian Warren	29:29
7. Mark Simpson	30:19
8. Brian Warren	30:35
9. Bruce Lacroix	31:24
10. Martin Weiss	31:30
11. Tony Lepore	31:31
12. Frank Witham	31:32
13. Ron Burton	31:33
14. John Wolfgram	31:34
15. Bill Yates	31:49
16. Rick Lynch	31:53
17. Brian Landner	32:13
18. Robert Crosswell	32:31
19. Art Warren	32:40
20. Steve Swindells	33:27
21. Ron Cain	33:50
22. Bill Herlihy	33:55
23. Bob Garrett	34:04
24. Geoff Doyle	34:05
25. Walt McKee	34:07
26. Dave Hickey	34:21
27. Paul Dingle	34:28
28. James Whalen	34:32
29. Bruce Bell	34:36
30. Eric Bates	34:43

31. Rick Lane	35:09
32. Harold Bates	35:27
33. Clough Toppan	35:49
34. Greg Cayford	36:01
35. John Schwerdel	36:26
36. Rohnie Dunn	36:34
37. Tom Daggett	36:38
38. Roy Scribner	36:44
39. Marty Thornton*	36:54
40. Wesley Scrone	37:01
41. Ellen Hoch*	37:13
42. Patricia Luce*	37:21
43. Jennifer Beaulieu*	37:52
44. Don Abrams	38:05
45. Rose Dubbis*	38:23
46. Dave Hartsfield	38:50
47. Ron Shea	39:27
48. Bill Thornton	40:15
49. Wayne Niles	40:20
50. Walter Taylor	40:22
51. Nancy Beward*	40:54
52. Byron Bennett	41:01
53. Mary Rossi*	41:08
54. Cecilia Pyzynski*	41:14
55. Keith Leavitt	43:44
56. Gerald Pope	43:46
57. Bryan Toppan	44:17
58. Irving Faunce	44:41
59. Roxanne Tibbetts*	45:06
60. Marjorie Tibbetts*	45:06
61. Gary Kielty	45:57
62. Michele Paradis*	45:59
63. James Smith	47:36
64. Karen Pyzynski*	51:06
65. Norma Mitton*	51:45
66. Jim Mitton	51:45
67. Ellen Kroot	60:23

Results courtesy of Al Godfrey
Race Director

FOUR ON THE FOURTH Bridgeton 4 Mile July 4th

1. Andy Halpin	19:43:97
2. Jim Cooper	19:59
3. Stu Jenkins	20:10
4. Peter Bottomley	20:18
5. Ralph Fletcher	20:22
6. Dan Vogt	20:50
7. Bill Hine	20:53
8. Keith Buffington	21:04
9. Len Hall	21:05
10. Jeff Lee	21:08
11. Dave Lee	21:19
12. Cory Schwartz	21:28
13. Denis McDonald	21:32
14. Kevin McDonald	21:35
15. Charles Ford	21:48
16. Mathew Isham	21:59
17. Jamie Bollinger	22:14
18. Doug Craib	22:16
19. Charlie Pratt	22:24
20. Craig Whichard	22:25
21. Roger Foster	22:30
22. Bob Hunt	22:33
23. Frank Hoelzle	22:39
24. Doug Jordan	22:42
25. Mark Pidgeon	22:49
26. Roland Trottier	22:50
27. Ken Voorhees	23:03
28. Mike Drummy	23:05
29. Bob Halpin	23:07
30. Jim Logan	23:10
31. Tony Whitman	23:17
32. Todd Allen	23:20
33. Gene Roy	23:21
34. Tim Fitzpatrick	23:22
35. David Buddington	23:24
36. Bernie Livingston	23:25
37. Mike Pollard	23:25
38. Dan Cake	23:27
39. Charlie Maddaus	23:30
40. John Blanchard Jr.	23:37
41. Jake Laferriere	23:41
42. Pete Brigham	23:44
43. Sara Sondberg*	23:53
44. John Gasser	23:55
45. Erich Reed	24:01
46. Mark Rabon	24:06
47. Ron Beedy	24:08
48. Chase Pray	24:09
49. John Moncure	24:21
50. Don Seymour	24:25
51. Tony Dresbin	24:25
52. Joe Silva	24:30

53. Chick Johnson	24:32
54. Paul Waterhouse	24:35
55. Robert Payne	24:40
56. Chris Turner	24:41
57. Tom Swan	24:43
58. Tom Flynn	24:45
59. Richard Campbell	24:46
60. Harvey Rohde	24:47
61. Larry Wold	24:51
62. George Nason	24:51
63. Tim Gale	24:53
64. Ulf Rumdahl	24:57
65. Tom Peterson	25:01
66. George Sudduth	25:04
67. Peter Foulsham	25:07
68. Paul Collins	25:09
69. Michael O'Connor	25:10
70. Mark Krause	25:11
71. John Howe	25:11
72. John Gilpatrick	25:12
73. Bill Kane	25:13
74. Bob Weitman	25:15
75. Larry Lee	25:16
76. Mark Jordy	25:19
77. John Ridlon	25:20
78. Mike Smith	25:21
79. Tim Quinn	25:21
80. Marc Stuart	25:23
81. Donald Heilman	25:24
82. Chad Gagnon	25:26
83. Larry Morrison	25:27
84. Richard Coomber	25:27
85. Richard Roberts	25:28
86. Mark Patterson	25:29
87. Peter Beckwith	25:30
88. William Strazzullo	25:34
89. Nathan MacDonald	25:37
90. Macdara Nash	25:47
91. Julie Greene*	25:50
92. Kenneth Whitcomb	25:50
93. Greg Sporleder	26:00
94. Mark Genesio	26:00
95. Steven Floyd	26:02
96. Arthur Chapman	26:05
97. Bobby Sprague	26:06
98. Ted Allen	26:13
99. Gary Whitstone	26:20
100. Joe Johnson	26:22
101. Peter Gagnon	26:27
102. Edward Abendroth	26:32
103. Peter Norton	26:32
104. Don Stowell	26:34
105. James Oliver	26:34
106. Sharon O'Hagen	26:35
107. Mark Danyla	26:36
108. John Hoazland	26:38
109. Darren LePage	26:39
110. Ard Hudson	26:40
111. Nancy Laferriere	26:41
112. Frank Knight	26:42
113. Mike Victor	26:47
114. Edwin Goodall	26:49
115. David Owens	26:54
116. Faye Gagnon*	26:57
117. Brian LaSalle	26:57
118. Ann Clark*	27:04
119. Tom McCabe	27:05
120. John Austin	27:05
121. Billy Moore	27:06
122. Robert Russell	27:09
123. Ed Kruse	27:14
124. Andy Smith	27:18
125. Roger Putnam	27:23
126. Tim Feeney	27:24
127. Alan Collins	27:27
128. Louis Talarico	27:28
129. Fisher Sa	27:29
130. Albert Richard	27:31
131. Garret Bonnema	27:31
132. Douglas MacDonald	27:33
133. Carol Schonbua*	27:34
134. Ed Momm	27:35
135. Ron Hatch	27:36
136. Peter Mudgett	27:39
137. Patty Noll*	27:42
138. Paul Alpert	27:44
139. Cynthia Stacey*	27:45
140. Terrence Eldridge	27:46
141. Bill Tuinball	27:46
142. Eileen Livingston*	27:47
143. Matthew Plante	27:48
144. John Shaw	27:49
145. Rist Bonnefond	27:50
146. Timmy Knapp	27:51
147. Ernie Laprei	27:52
148. Bruce Wood	27:52
149. George Foster	27:53
150. Carl Kemp	27:54
151. Sean Livingston	27:54

152. Jeff Wentzel	27:58	251. Steve Carter	30:59	350. John Wells	34:00
153. Sean Feeney	27:59	252. Peter Gioaldano	31:02	351. Sandra Utterstrom*	34:03
154. Tara Feeney*	28:05	253. Tom Courtice	31:02	352. Bob Fisher	34:04
155. Jack McCleery	28:06	254. Edward Lawrence	31:05	353. Karen Cummings*	34:04
156. Phil Taylor	28:07	255. Michael Frusztajer	31:12	354. Charles Wise	34:05
157. James Feeney	28:07	256. Wayne Gerson	31:13	355. Dawson Robertson	34:07
158. Roland Locke	28:08	257. Pat McCabe	31:13	356. Edna Isham*	34:07
159. Dave Sutherland	28:09	258. Meg Coleman	31:14	357. Ed Murphy	34:07
160. John Valecko	28:14	259. Jeremy Dowell	31:15	358. Craig Bruce	34:18
161. Debbie McCleery	28:15	260. Scott Redfern	31:15	359. Nicky Hermann	34:19
162. John Grolley	28:17	261. Donald Plante	31:16	360. Fred McKee	34:22
163. Terry Lattemore	28:19	262. Linda Ray*	31:17	361. Jenny Sama	34:25
164. Erik Selz	28:22	263. ?		362. David King	34:25
165. Tom Dunwoody	28:23	264. Nicholas Valerio	31:26	363. Margie Strader*	34:29
166. Jarrod Hobson	28:24	265. Jimmy Feldman	31:27	364. Shirley Russell*	34:32
167. Tim Clough	28:25	266. Jay Haynes	31:32	365. Ted Raymond	34:32
168. Ronald Russell	28:26	267. Jeff Ertman	31:35	366. ?	
169. Alice Goodwin*	28:27	268. Robert Howe	31:37	367. Carl Ericson	34:38
170. Peter Gatchy	28:28	269. Timothy Von Jess	31:37	368. Dick Davidson	34:39
171. Wells Simpson	28:29	270. Paul Ricci	31:45	369. George Snell	34:44
172. Jim Herberich	28:29	271. Steven Medeiros	31:50	370. Doug Davidson	34:44
173. John Marsden	28:30	272. Frank Walker	31:54	371. Donna Holtby*	34:44
174. Wendy Sayres*	28:32	273. Dave Kurtz	31:57	372. Cindy Griffin*	34:53
175. Todd Lowenberg	28:33	274. John Merriweather	31:57	373. Melanie Lewis*	34:53
176. Phil Friedman	28:34	275. Gary McCarthy	31:57	374. Mike Panasuk	34:57
177. Ralph Estes	28:38	276. Carl Mettler	31:59	375. Marie Nugent*	34:57
178. Alan Sabaka	28:38	277. Mike Foye	31:59	376. Denise Sprague*	35:04
179. Marco Lashin	28:39	278. Brad Borden	32:00	377. Frank Meissner	35:05
180. Gary Snee	28:40	279. Marcus Nash	32:03	378. Tori Forsythe*	35:08
181. Warner Jones	28:40	280. Tom Petrone	32:04	379. Donna Baleyko*	35:08
182. Tim Elwell	28:43	281. Ken Casey	32:04	380. Ray Moore	35:13
183. Jay Feilan	28:44	282. Andree Kehn	32:04	381. Cathy Hazelton*	35:16
184. David McGill	28:47	283. Larry Plummer	32:07	382. Charmine Ouellette*	35:18
185. David Genest	28:48	284. John Swersky	32:07	383. Cherly Turner*	35:21
186. Ann Armbricht*	28:50	285. Kurt Himy	32:11	384. Richard Rizzo	35:23
187. Carl Collins	28:50	286. Neal Graffam	32:12	385. Jay Gestwicki	35:24
188. Dennis Taggart	28:54	287. Janet McCann*	32:13	386. Deanna Vance*	35:33
189. Phil Berkowitz	28:58	288. Sandy Gallagher*	32:13	387. Wendy O'Day*	35:36
190. Skip Gove	28:58	289. John Turner	32:15	388. Jason Levy	35:38
191. Jeff Locke	29:00	290. ?		389. Selby Estes	35:38
192. Mary Jane Shimell*	29:05	291. Brenda McDonald*	32:15	390. Gary Steigerwald	35:40
193. Sumner Ruporecht	29:06	292. Dick Bates	32:22	391. Judy Leino*	35:42
194. Cynthia Abbott*	29:09	293. Steven Johnson	32:24	392. Carol Davis*	35:45
195. John Golder	29:13	294. Steve Collins	32:25	393. Anne Dyke*	35:48
196. Paul Rollinson	29:15	295. Earle Simpson	32:27	394. Linda Cooper*	35:51
197. Jim Gunning	29:18	296. Rob Hempstead	32:32	395. Dan Turner	35:52
198. Richard Morse	29:22	297. Steven Prendergast	32:33	396. Merrill Moorhead	35:56
199. David Lindquist	29:23	298. Kendall Davis*	32:36	397. Libby Gilpatric*	36:06
200. Russ Taylor	29:23	299. Krista Koontz*	32:36	398. Christine Moore*	36:13
201. Dan Goldberg	29:28	300. Tim Raymond	32:37	399. Jordan Dechtman	36:16
202. Scott McKinny	29:31	301. Teresa Roby*	32:39	400. Pat Mundy	36:17
203. Nancy Stetson*	29:41	302. Chris Eastburn	32:39	401. David Sisson	36:18
204. David Spenciner	29:42	303. Courtney Holt	32:42	402. Josh Teweles	36:19
205. Dennis Woodruff	29:45	304. Jocelyn Frechette*	32:42	403. Tom Quigley	36:23
206. Bill Ridgeway	29:46	305. George Vachuda	32:48	404. M. Fred Lyon	36:25
207. Mason Phil Smith	29:46	306. Cathy Sanderson*	32:50	405. Karen Dearth*	36:30
208. Jim Ippolito	29:48	307. Ernest Guilbert	32:56	406. Craig Wilson	36:32
209. C. Michael Wheeler	29:49	308. Jane Covington*	32:56	407. Cathy Lubrand*	36:33
210. Don Varner	29:50	309. Matt Seltzer	32:57	408. Anne Morris*	36:34
211. Roger Williams	29:54	310. Jay Paulsen	32:57	409. Donna Guay*	36:34
212. Tricia Linton*	29:55	311. Tammy Cross*	32:59	410. Andy Kuanse	36:36
213. Andrea Pelletier*	29:55	312. Bill Leland	32:59	411. Kipp Keller	36:38
214. Dennis Morrill	29:57	313. Andy Warner	33:04	412. Katy Collins*	36:38
215. Rob Collins	30:01	314. Madeline Mann*	33:05	413. Andrew Walker	36:38
216. Gundolm Halpin	30:02	315. Linda Marsden*	33:06	414. Clifford Karp	36:46
217. Jason Wilson	30:03	316. Leo Hammill	33:06	415. Carolee Dory*	36:46
218. Bob Hazelton	30:04	317. Bill Whitaker	33:07	416. Jamie Meiselman	36:46
219. Brad Andrews	30:07	318. Jim French	33:08	417. Sean Hobson	36:53
220. John Kane	30:07	319. Mike Abbott	33:08	418. Jesse Knight	36:56
221. Dave Patzlaff	30:07	320. Lori Brown*	33:09	419. Paula Lyle	36:57
222. Susan Jerge*	30:08	321. Moses McCardell	33:09	420. Tom Hubka	36:57
223. John Griffin	30:08	322. Francine Currier*	33:10	421. John Acari	36:57
224. Jay Spenciner	30:10	323. Barbara Buddington*	33:10	422. Jon Jacgby	37:06
225. Mardi Reed*	30:12	324. Diane Willmott*	33:11	423. Don Penta	37:06
226. Jim Kaiser	30:12	325. Sandra Willmott*	33:13	424. Bob Feldman	37:08
227. Jerry Levine	30:13	326. Jonathan Dowell	33:15	425. Terry Coolidge	37:13
228. Bill Barthel	30:16	327. Judith Lafountain*	33:20	426. Dave Moore	37:13
229. Roy Caproni	30:17	328. Jim Collins	33:21	427. Mimi Wetzell*	37:15
230. Dana Shields	30:17	329. Jon Hatch	33:21	428. Teddy Raymond	37:16
231. Bill Holden	30:19	330. Brooke Hatch*	33:23	429. Ellie Rohde*	37:17
232. Bryan Cetlin	30:22	331. David Delange	33:26	430. Cynthia Hursty*	37:21
233. Michael Cohen	30:24	332. Nancy Love*	33:27	431. Noreen Acari*	37:23
234. Clifford Ouellette	30:25	333. David Turner	33:28	432. Steve Munro	37:30
235. Bob Currier	30:26	334. ?		433. Kathy Mackel*	37:32
236. Unknown		335. Jeff Hall	33:31	434. Chris Gale	37:35
237. Karen Sprague*	30:28	336. Geoffrey Finn	33:32	435. Nancy Sampson*	37:36
238. Joseph Menimen	30:29	337. Steven Schechter	33:33	436. Sue Eastman*	37:37
239. Mike Miller	30:33	338. Harry Sprackland	33:38	437. David Maul	37:39
240. Mark Gildersleeve	30:33	339. Jon Gibson	33:40	438. Connie Venskus*	37:41
241. Roger Gorham	30:36	340. Stacy Davis*	33:43	439. Graham Best	37:44
242. Cathleen Livingston*	30:38	341. Jill Stockwell	33:44	440. Brent Martin	37:44
243. David Bishop	30:41	342. Yvette Knight*	33:47	441. Sharon McInty*	37:45
244. Therese Livingston*	30:43	343. Tom Jones	33:48	442. Erik Snell	37:46
245. Carol Trotter*	30:44	344. Teddy Armbricht	33:50	443. Matt Brawn	37:58
246. Doug MacElwee	30:46	345. Michael Coto	33:51	444. Tony Medeiros	38:00
247. Evan Farley	30:53	346. Mary Leino	33:55	445. Brian Peet	38:00
248. Tim Geiselman	30:53	347. Jean Thomas	33:55	446. Peter Hart	38:02
249. Chris Jones	30:55	348. Phoebe Levine	33:56	447. Natalie Brown*	38:02
250. Christine Ouellette*	30:58	349. Elizabeth Wood*			

449. Kathleen Blanchard*	38:11
450. David Kunian	38:13
451. Linda Plante*	38:16
452. Chris Turner	38:19
453. Beth MacElwee*	38:21
454. Sara Treworgy*	38:22
455. Dick Cummings	38:28
456. Peter Baleyko	38:31
457. Betsy Wood	38:43
458. Andrew Avery	38:49
459. Frank Miller	38:51
460. Linda Anderson-McKee*	38:51
461. Melody Bonnema*	38:55
462. Danny Seltzer	39:12
463. Mark McMullin	39:13
464. Lawrence Devey	39:16
465. Joy King*	39:22
466. Kenyon King	39:31
467. Wendy Clawson*	39:31
468. Jon Kornbluh	39:47
469. Danny Offit	39:58
470. Scott Coolidge	39:58
471. Bryan Clark	39:59
472. Jordan Steinburg	40:04
473. Kevin Petrone	40:05
474. Marnie Reed*	40:06
475. Jim Fox	40:17
476. Michele Trowbridge*	40:22
477. Bill Kreutzer	40:24
478. Etta Mae Bates*	40:24
479. Sandy Babb	40:24
480. Eric King	40:31
481. Sharon O'Donnell*	40:44
482. Hannah Hatch*	40:47
483. Hannah Edmunds*	41:05
484. Sarah Judge*	41:09
485. Diana Obbard*	41:09
486. Pat McHatton*	41:10
487. Shawn Smith	41:15
488. Jane Laver*	41:20
489. Michele Balsam*	41:26
490. Brad Lebow	41:27
491. Donald Breault	41:35
492. Lucas Almour	41:36
493. Mary Nash*	41:36
494. Ralph Sama	41:52
495. Lindsey Coleman	42:01
496. Gaby Chappentier	42:01
497. Maud Dillingham	42:03
498. Vladimir Duret	42:08
499. Beth Gospedorek*	42:08
500. Michelle Cordwell*	42:19
501. Carol Davidson*	42:38
502. Barbara Lacerda*	42:39
503. Kevin Wynne	43:08
504. ?	
505. Bruce Slart	43:11
506. Kevin Belski	43:20
507. Michelle Notartomaso*	43:39
508. Mathew Belski	43:44
509. Mary Sampson	43:56
510. Sarah Dunlap*	44:15
511. Niki LePage	44:34
512. Leslie Brown*	44:34
513. Ellyn Wynne*	45:17
514. Rod Duret	45:21
515. Margot Delage*	45:22
516. Jon Hart	45:34
517. Jackie Vachon*	45:41
518. Bob Pritchett	46:05
519. Joshua Levine	46:12
520. Beth Doughty*	46:15
521. Paul Quantiano	46:45
522. John Velez	47:18
523. Brett Clark	47:24
524. Cori Nones	47:55
525. Mark Levithas	47:56
526. Louis Sampson	47:56
527. Elizabeth Coto*	49:58
528. Larry Britvan	49:59
529. Louis Talarico	50:48
530. Bobby Spicer	50:59
531. Corey Gant	51:36
532. Drew Bradbury	52:03
533. Bonnie Bradengard*	52:03
534. Alan Schechter	52:03
535. Matt Bauer	52:15

Results courtesy of Jerry Levine
Race Director

THE GREAT RENOVATION ROAD RACE
Waterville 10K July 5th

1. Steve Ridley	32:13
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3. Tom Bell	35:02
4. Rick Stuart	35:02
5. Fred Judkins	36:28

Results from the Maine Road Ramblers
Newsletter

SUBARU 10k
Caribou July 5th

1. Andy Palmer	31:37
2. Greg Hale	33:23
3. Greg Wardwell	33:27
4. Bruce Freme	33:47
5. Dan Bondeson	34:10
6. Bob Everett	34:23
7. Paul Libby	34:39
8. Herm Pelletier (M)	36:54
9. Rusty Taylor	36:58
10. Mike Doyle	37:12
11. Sam Hamilton	37:30
12. David Mangus	37:38
13. Gary Cochran	39:46
14. Aldo Rioux	38:16
15. Don Lesvesque	38:27
16. Maurice Lizotte	38:34
17. Michelle Hallett*	39:56
18. John O'Dea	39:58
19. Roseanna Prest*	40:20
20. Glenn Bailey	40:37
21. Matt Scott	40:56
22. Frank Blackstone	41:28
23. Harry Taylor	41:26
24. John Palmer	41:54
25. Loren Bailey	41:59
26. Joe Hackett	42:02
27. Mike McKee	42:14
28. James Emery	42:48
29. Nancy Jackson*	42:53
30. Owen Jackson	42:59
31. Howard Paradis	43:10
32. Larry Mangus	43:29
33. Phil Brown	43:52
34. Joe Brown	44:33
35. Lee Andrews	44:35
36. Chris McDonald	44:48
37. Dale Bailey	45:09
38. Alton Wardwell	47:18
39. Clark Brewer	47:41
40. Yvon Montrueil*	48:00
41. Rod Sirois	48:03
42. Dan Keller	48:15
43. Mike Watson	48:50
44. Julie Marzul	48:55
45. Steve Cowan	49:24
46. Bill Gayton	50:45
47. James Buckley	51:01
48. Peter Buckley	51:20
49. Francine Charette*	52:24
50. Roger Charette	52:24
51. Henry Ching	54:50
52. Jack O'Dea	54:58
53. Judy Sirois*	55:43
54. Cathy Brewer*	56:05
55. Irene Martinez*	56:09
56. Don Hemphill	56:15
57. Ed Ouellette	56:35
58. Laurie Duprey*	56:40
59. Bryan Cyr	56:46
60. George LaBlanc	57:50
61. Dawn Jepson*	59:38
62. Kathy Conrad*	60:26
63. Don Lucas	61:06
64. Kathy Gardner*	63:01
65. Pat Insignares*	67:45

Results courtesy of Conrad Walton
Race Director

SOUTHWEST HARBOR DAYS ROAD RACE
SW Hbr 10K July 11th

1. Mike Swanson	33:01
2. Mike Westphal	33:48
3. Peter Swanson	34:04
4. David Roberts	34:26
5. Duane Young	34:48
6. Rick Packie	35:33
7. Rolf Westphal	35:37
8. Doug Graves	35:39
9. Chuck Holt	36:36
10. Chris Everett	36:38

12. Steve Frederick	37:25
13. W.H. Janeway	37:43
14. David Zarhower	37:46
15. Norman Hawes	38:03
16. Greg Everett	38:10
17. Henry Williams	38:15
18. Al Howard	38:34
19. Steve Smith	38:40
20. Gary Hagerty	38:59
21. Robin Emery*	39:05
22. Scott Remsing	39:16
23. David Grabowski	39:57
24. Ed Raiola	40:42
25. Cliff Osen	41:01
26. David O'Connell	42:05
27. Danielle Mooney*	42:18
28. Susan Elias*	42:27
29. Nichols	42:47
30. Bill Pinkham	43:08
31. Terrence Cousins	43:27
32. Mark Donico	43:52
33. Cliff Noyes	44:15
34. Maer	44:40
35. Theresa Lawlor*	45:04
36. Mary Lunn Cyr*	45:04
37. Tom Johnson	45:26
38. Sharon Kingma*	45:42
39. Lisa DeGrazio*	46:25
40. Bruce Sherman	46:27
41. Martin Potter	47:03
42. Louis Charlett	47:09
43. Lionel Rosen	47:21
44. Tina Hinchley	49:19
45. David Roundy	49:38
46. Mary Kelley*	49:43
47. Silveston	49:44
48. Ken Salvatore	49:47
49. Ron Hunter	49:49
50. Ken Sawyer	49:56
51. Edward O'Connell	50:04
52. Rob York	50:41
53. Sally Harrison*	50:43
54. Arthur Voight	50:48
55. Betsy Harris*	50:49
56. Felice Worcester*	50:53
57. Phillip Hicks	51:08
58. Pat King*	51:47
59. Sue Foote*	52:13
60. Gary Eley	52:13
61. Don Osborn	52:25
62. Priscilla Worcester*	53:46
63. Joseph Rivers	53:54
64. Dale Richardson	53:57
65. Paul Voight	54:00
66. Keith Hessier	54:50
67. Kathy O'Connell*	55:15
68. Patty Atkins*	55:16
69. Sarah Collier	59:27
70. David Zaslaw	59:49
71. Jeff Beckman	61:50
72. Jane Sinauer	62:21

Results courtesy of Marty Lyons
Race Director

THIRD ANNUAL DAMARISCOTTA RIVER OYSTER
FESTIVAL 10,000 METRE CLASSIC
Damariscotta July 11th

1. Mike Gaige	32:28
2. Doug Hill	33:18
3. Phil Page	33:54
4. Eric Kangas	34:52
5. Bill Olson	35:22
6. John Klein	35:51
7. Glen Holyoke	36:23
8. Dick MacKenzie	36:30
9. Neil Lash	36:33
10. Don Reimer	36:52
11. Bob Booker	36:57
12. Mark Violette	36:57
13. Larry Allen	36:58
14. Gary Cochran	36:58
15. Alvin Sproul III	37:06
16. Greg Nelson	37:11
17. Darryl Hagar	37:17
18. Alan Reilly	38:02
19. Don Burnham	38:11
20. Richard Mulhern	38:36
21. Arnold Adams Sr.	38:43
22. Doug Ludwig	38:47
23. Doug Sanborn	38:56
24. Linda Adams*	39:00
25. Tony Lepore	39:05
26. Kyle Rankin	39:17

28.	Ron Burton	39:21	127.	Mike Wright	40:17	7.	Bob Hinckley, Barrey Hinckley,	
29.	Frank Witham	39:23	128.	Yvonne Hanneman*	49:19		Liz Hinckley	44:09
30.	Joe Mullaney	39:29	129.	Pam Hennessey*	49:21	8.	Bob's Bike Shop - Bob Shields,	
31.	Steve Moriarty	39:37	130.	Brian Perkins	49:22		Cuyler Morris, Betsey Holtzmann	
32.	Jane Parsons*	39:42	131.	Christie Baldwin*	49:27			44:39
33.	Erich Reed	39:43	132.	Susan Burnham*	49:39	9.	Terrance Cousins, Jeff Pinkham,	
34.	Matthew Griffin	40:02	133.	Bob Boynton	49:57		Bill Pinkham	44:54
35.	Howard LaPorte	40:03	134.	Don Richardson	50:15	10.	Jarvis Newman - Ben Tamore, Altie	
36.	Bill Yates	40:06	135.	Mardi Reed*	50:20		Pettegrow, George Hall	45:14
37.	Jerry Bodmer	40:08	136.	James McDevitt	50:25	11.	SW Hbr Jr. Fire Dept - Scott	
38.	Kevin Rich	40:10	137.	Gene Philpot*	50:26		Willey, Tom Benson, Cliff Noyes	
39.	Charles Nichols	40:14	138.	David Speed	50:40			45:17
40.	Bill Sayres	40:25	139.	Beth Huntzinger*	51:12	12.	Will Gillespie Steve Smith,	
41.	Gerald Graves	40:56	140.	Charles Morris	51:16		Dan Babcock	45:22
42.	Kim Beaulieu*	40:59	141.	Denise Messier*	51:21	13.	Ken Salvatore, Tom Lawson, Fred	
43.	Bob Crosswell	41:01	142.	Scot Marsters	51:24		Berry	45:23
44.	Dick Sabine	41:17	143.	Nancy Beward*	51:25	14.	Sawyer's Market - Dave Stanley,	
45.	Jeanette Malone*	41:19	144.	Donna Jean Pohlmon*	51:27		Scott Worcester, Brian Worcester	
46.	Don Sanborn	41:20	145.	Kevin Bresnaham	51:43			45:28
47.	Vern Lewis	41:33	146.	Bonnie MacMillan*	51:52	15.	Carroll's Drug Store - Peter	
48.	Wes Rothermel	41:34	147.	John Pagurko	51:59		McVety, Sue Farley, Troy DeGolyer	
49.	Richard Lane	41:39	148.	L.J. Keating	52:02			47:14
50.	Don Brewer	41:49	149.	Carla Campbell*	52:13	16.	Harbor House - Ronda Reed, Stew	
51.	Rich Raymond	41:52	150.	Paul Williamson	52:32		Murphy, Tim Bergeron	47:33
52.	Ron Paquette	41:53	151.	David Brean	52:34	17.	Letcher's Off Shore Designs -	
53.	Jerry Thibeault	41:57	152.	Orville Ranger	52:36		John Letcher, Sharon Osborne,	
54.	John Hardman	41:58	153.	Sherman Barker	52:43		Nic Shema	47:39
55.	Robert VanWyck	42:00	154.	Edith W. Miles*	52:44	18.	Head of the Harbor - Leslie	
56.	Todd Elwell	42:05	155.	James Chick	52:45		Jones, Mary Kelley, Bill Hebron	
57.	Chris House	42:13	156.	Larry Rytry	52:48			49:11
58.	Barney Hallowell	42:14	157.	Jeanne MacMillan*	52:52	19.	Alternative - Vicki Vendrell,	
59.	Darren Clair	42:19	158.	Lisa Saari*	52:58		Karen Greenburg, Ron Greenburg	
60.	Peter Lamborghini	42:20	159.	Calvin Avery	53:00			50:14
61.	Dwight Bowen	42:20	160.	Lester Rhoads	53:00	20.	Bar Harbor Banking & Trust -	
62.	Gary Hamilton	42:37	161.	Rick Deschane	53:00		Shel Goldthwait, Stan MacDonald,	
63.	Ray O'Neal	42:48	162.	Celeste Perkins*	53:16		Deanna Davis	50:20
64.	Rit Roberts	42:49	163.	Peter Albrecht	53:44	22.	P&J Jeweler - James Aylen, Judy	
65.	Don Pond	43:00	164.	Brandon Maguire	54:07		Aylen, John Jacobson	50:32
66.	Charles Shea	43:08	165.	Jeanne Berthianne*	54:24	21.	Appalachian Mt. Club - Joe Loughran,	
67.	Bill Tribou	43:13	166.	Margaret Turgeon*	54:38		John Madiera, Tom Steele	50:25
68.	Mark Danyla	43:14	167.	Warren Harkness	54:41	23.	Tommy Morris, Robin Fox, Kate	
69.	John Boyne	43:25	168.	Briget O'Bryan*	55:05		Henry	50:35
70.	Ray Giglio	43:26	169.	Richard Lane	55:18	24.	S. Crozer Fox, Willey Fox, Porter	
71.	Michael Korek	43:28	170.	Bill Kennedy	55:20		Fox	51:01
72.	Steven Barney	43:28	171.	James C. Smith	55:36	25.	Live Yankee - Reg Hudson, Charlie	
73.	David Comeau	43:28	172.	Mike Greenleaf	55:57		Hudson, Tracy Carroll	51:12
74.	Jeannie Lewis*	43:37	173.	Ellen Spring*	55:57	26.	Guy Dunbar, Paula Dunbar, Billy	
75.	Ben Milster	43:37	174.	Paul Spitalnick	56:21		Thurston	51:21
76.	James Westhover	43:38	175.	Dot McCann*	57:13	27.	Curtis Prout, Mary Lawrence,	
77.	Russell Martin	43:40	176.	Alice Cornwell*	57:47		Lewis Cherot	52:14
78.	Charles Pratt	43:43	177.	Cynthia Hoehler*	58:05	28.	Gary Eley, John Whittlesey, Ron	
79.	Ron Poulin	43:52	178.	Sandra Peters*	58:34		Yako	53:16
80.	Mike King	43:52	179.	Wes Defoe	59:38	29.	Westside Nursery - Marcia Madiera	
81.	Ken Sylvester	43:58	180.	Jefferson Beward	60:56		Gail Royal, Henry Wilensky-Lanford	
82.	Roger Putnam	44:03	181.	Ben Rose	60:57			56:04
83.	Cem Gray	44:08	182.	Jane Lauer*	61:04	30.	Terry Musson, Linda Musson,	
84.	Don Berthianne	44:10	183.	Perry W. Barnard	61:33		Felice Worcester	56:07
85.	Denise Coburn*	44:10	184.	Robert Boyd	63:58	31.	Robert York, Joanna York, Kim	
86.	John Lind	44:13					York	64:00
87.	John Peters	44:14						
88.	Bob Gilman	44:16						
89.	Marsha Giglio*	44:28						
90.	John G. Rego	44:29						
91.	W. Clough Toppan	44:35						
92.	Ron Karn	44:41						
93.	David Smith	44:51						
94.	Perry I. Barnard	44:57						
95.	Dick Fowler	45:09						
96.	Don Anthony	45:12						
97.	Phil Boyne	45:30						
98.	John Winfree	45:31						
99.	Katie Donovan*	45:37						
100.	Joe Pizzo	45:40						
101.	Tom Daggett	45:44						
102.	Charles Drew	45:45						
103.	Lona Wright*	45:46						
104.	Eddie Brisette	45:50						
105.	Steve Thomas	45:51						
106.	Bill Fox	45:52						
107.	Barbara Godfrey*	46:00						
108.	Cliff Fletcher	46:00						
109.	Steve O'Bryan	46:06						
110.	Robert Greenleaf	46:07						
111.	Barbara Hamaluk*	46:09						
112.	Larry Walden	46:15						
113.	Gary Johnson	46:17						
114.	Steve Barker	46:27						
115.	Joan Sayres*	46:30						
116.	Mary Ann Shick*	46:57						
117.	Eric Bates	47:12						
118.	Arthur Cunningham	47:21						
119.	Len Mulligan	47:21						
120.	Jay Krouse	47:44						
121.	Peter DeCourey	47:51						
122.	Myron Mokey	47:54						
123.	Carlene Knight*	48:17						
124.	Karen Kangas*	48:49						
125.	Bryan Barnes	48:52						

26. Gary Parent	19:29
27. Kim Damien	20:00
28. Robin Seavey	20:36
29. Mark Violette	20:37
30. Lee Parent	22:10
31. Phyllis Worthley*	22:40
32. Lee Lovely	22:58
33. David Powell	23:01
34. Dick Powell	23:03
35. Amanda Laverty	23:31

Results courtesy of Skip Howard
Race Director

Mountain Dew Open Track and Field Bangor Jun 19th

Men 18 and under

100 yard dash

1. Dave Chase	11.1
2. Don Ross	
3. Jim Balmer	

220

1. Dave Chase	24.0
2. Don Ross	
3. John Condon	

440

1. Dave Chase	53.9
2. Smith	
3. Becknith	

880

1. Fergus Kenny	2:03.3
2. Von Eric Nelson	
3. Everett	

Mile

1. Becknith	4:50.6
2. Burkett	
3. Warren Caruso	

5,000 Meters

1. Steve Kozlovich	15:32.3
2. Peter Swanson	
3. Fergus Kenny	

High Hurdles

1. Dave Chase	16.3
2. Putman	
3. Seekins	

Discus

1. Joe Quinn	119-9
2. John Karam	
3. Quinn	

Long Jump

1. Dave Chase	18'11 1/2"
2. Halliday	
3. Leavitt	

Triple Jump

1. Dave Chase	36'11 1/2"
2. Rollins	
3. Crocker	

Javelin

1. John Karam	168'2 1/2"
2. Fiske	
3. John Sickles	

Pole Vault

1. Halliday	13'
2. Collins	
3. Triplett	

Shot Put

1. John Sickles	28'10"
2. John Karam	

Men 19-29

100 Yard Dash

1. Leveque	10.7
2. Browne	
3. Cranford	

220

1. Browne	24.2
2. Leveque	
3. Martin	

880

1. St. Pierre	2:29
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Mile

1. John Condon	4:30
2. Henri Bouchard	
3. Dan Dearing	

5,000 Meters

1. Mike Swanson	16:05.6
2. Henri Bouchard	
3. Rick Packie	

Discus

1. Sonny LeClair	117'
2. Libby	

Long Jump

1. Manzer	19'6"
2. Leveque	
3. Martin	

Triple Jump

1. Martin	41'4 1/2"
2. Manzer	
3. Seekins	

Javelin

1. Steve Pelletier	176'6"
2. Price	
3. Meehan	

Pole Vault

1. Knowles	10'
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Shot Put

1. LeClair	41'
2. Han	

Men 30 and over

880

1. Mike Cole	2:20
2. Bob Booker	

Mile

1. Mike Cole	5:06.4
2. Ken Remsen	
3. Bob Booker	

5,000

1. Skip Howard	20:38.3
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Discus

1. Smith	102'10"
2. Gary Stover	

Javelin

1. Gary Stover	105'3 1/2"
2. Smith	
3. Bob Booker	

Shot Put

1. Manowske	35'2 1/2"
2. Gary Stover	
3. Smith	

Women 18 and under

1. Rich	12.8
2. Gromely	
3. Sutherland	

220

1. O'Connell	28.3
2. Rich	
3. Sutherland	

440

1. Sutherland	65.4
2. Short	
3. Sullivan	

880

1. Lorel Kowalsky	2:33.6
2. Winn	
3. Burbank	

Mile

1. Lorel Kowalsky	5:41.4
2. Alecta Rhoads	
3. Winn	

5,000

1. Alecta Rhoads	20:38.5
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Low Hurdles

1. O'Connell	16.4
2. Barker	
3. Amy Stockwell	

Shot Put

1. Lukace	37'4 1/2"
2. LeClair	
3. Stewart	

Long Jump

1. Barker	15'3 1/2"
2. O'Connell	
3. Sutherland	

Triple Jump

1. Barker	32'2
2. Roley	
3. Murphy	

Discus

1. LeClair	100'2 1/2"
2. Kimball	

Javelin

1. LeClair	98'11"
2. Cook	

Women 19-29

100

1. Barbie Hardin	13.1
2. Cook	

Shot Put

1. Cook	33'10 1/2"
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Long Jump

1. Barbie Hardin	15'4"
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Triple Jump

1. Barbie Hardin	32'2"
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Discus

1. Cook	97'
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Javelin

1. Cook	71'1"
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Results courtesy of Mike Dolly
Pepsi Cola Bottling
of Brewer

MAINE AAU/USA JUNIOR OLYMPICS
Maranacook

Intermediate Boys (15-16)

100 meter dash	
1. Callahan	11.6
2. Taylor	meet record
3. Wing	
4. Clark	
5. Woodward	
6. Hefferman	

220 yard dash	
1. Taylor	23.8
2. Callahan	meet record
3. Dexter	
4. Herrick	

440 yard run	
1. Taylor	53.4
2. Dexter	ties meet record
3. Beale	
4. Fickett	

880 yard run	
1. Caron	2:15
2. Gilhooly	
3. Gordon	
4. Saad	

Mile Run	
1. Plissey	4:38.9
2. Caron	
3. Bustard	
4. Gordon	

Two mile run	
1. Plissey	10:07.5
2. Bustard	meet record

120 yard high hurdles	
1. Clark	16.4
2. Stockford	
3. Quinlan	
4. Fickett	
5. Lessard	

440 yard intermediate hurdles	
1. Stockford	63.7
2. Fickett	meet record
3. Quinlan	
4. Lessard	

4x110 yard relay	
1. Lakers Track Club (Fortin, Fickett Stockford, Callahan)	50.7
2. Bulldogs Track Club	

4x440 yard relay	
1. Lakers Track Club (Fortin, Golden, Stockford, Plissey)	4:04.4
2. BTC	meet record

Shot Put	
1. Robichaud	45'7½"

Discus	
1. Robichaud	115'4½"
2. McMillan	
3. Fortin	
4. Tulley	
5. Letourneau	
6. Gordon	

Javelin	
1. Redmond	146'3"
2. Fortin	
3. Leary	
4. Perry	
5. M. Leary	

High Jump	
1. Clark	5'10"
2. Beale	
3. Taylor	
4. Golden	
5. Roberts	

Long Jump	
1. Beale	19'6½"
2. Johnson	
3. Herrick	

Triple Jump	
1. Johnson	40'8½"
2. Clark	
3. Wing	

- Herrick
- Thornton
- Albert

Pole Vault	
1. Perry	10'6"
2. Beale	

Senior Boys (17-18)

100 meter dash	
1. Croteau	11.6
2. Bierce	meet record
3. Miller	
4. Curitt	
5. Shephard	
6. Snow	

220 yard dash	
1. Croteau	23.5
2. Martin	
3. Miller	
4. Bierce	
5. Snow	
6. Boucher	

440 yard dash	
1. Collins	53.6
2. Thompson	
3. Stillings	

880 yard run	
1. England	1:58.5
2. Madore	meet record
3. Kenny	
4. Hardy	
5. Peddie	
6. Milliken	

Mile run	
1. England	4:32.3
2. Hardy	
3. Beckwith	
4. MacDonald	
5. Henderson	

Two mile run	
1. Briggs	9:29.9
2. Swanson	meet record
3. Beckwith	
4. MacDonald	

120 yard high hurdles	
1. Hickey	15.4
2. Putnam	
3. Robinson	
4. Borgeault	
5. Stillings	
6. Stockford	

440 yard intermediate hurdles	
1. Boucher	58.3
2. Hickey	meet record
3. Chase	
4. Beckwith	
5. Stillings	
6. Letourneau	

4x110 yard relay	
1. Lakers Track Club (Bierce, Miller, Lamothe, Munroe)	46.2
2. BTC	meet record

4x440	
1. Mill City Track Club	

Shot Put	
1. Bogdanovich	57'9"
2. Libby	
3. Lombard	
4. Clamons	
5. Gurney	
6. Gordon	

Discus	
1. Bogdanovich	154'5"
2. Clamens	
3. Pelkey	
4. Libby	
5. Walker	
6. Gordon	

Javelin	
1. Walker	165'6"
2. Pelkey	
3. Trafton	
4. Farrington	
5. Young	
6. Gurney	

Long Jump	
1. Dupre	
2. Tardiff	

- Wade
- Leighton
- Borgeault
- LaMontagne
- Albert

Long Jump	
1. Rollins	
2. Gurney	
3. Boucher	
4. Lamothe	
5. LeBarnes	

Triple Jump	
1. Rollins	41'5"
2. Halliday	
3. Croteau	
4. Gurney	
5. Borgeault	
6. Woodward	

Pole Vault	
1. McKenzie	12'8½"
2. Halliday	meet record
3. Hewett	
4. Bemis	
5. Nealey	

Intermediate Girls

100 yard dash	
1. Rich	13.5
2. Fallon	
3. Irving	
4. Masse	
5. Bacon	
y. Bierce	

220 yard dash	
1. Murphy	28.5
2. Fallon	
e. Gifford	
4. Bierce	
5. Bacon	
6. Currier	

440 yard dash	
1. Clemente	65.3
2. Snow	
3. P. McLaughlin	
4. Murphy	

880 yard run	
1. Doucette	2:23
2. Ertha	meet record
3. Prescott	
4. Snow	
5. T. Gleason	

Mile run	
1. Doucette	5:39.7
2. Hoch	

Two Mile run	
1. Hoch	13:04
2. Beaulieu	
3. Tardiff	

100 meter hurdles	
1. O'Connell	15.5
2. Andrews	meet record
3. Barker	
4. Bacon	
5. Hawes	
6. Dulac	

440 yard intermediate hurdles	
1. Prescott	72.5
2. Andrews	meet record
3. Vandermark	

4x110 relay	
1. Lakers Track Club (Bacon, Currier, Gifford Bierce)	55.8
2. LRAC	

4x440	
1. Lakers Track Club (Doucette, Prescott, Murphy, Ertha)	4:21.6
	meet record

Mile walk	
1. Dupre	
2. Tardiff	

Shot put	
1. Bersani	26'
2. Temm	
3. Dulac	

Discus
1. Gurney 94'10"
2. Tardiff
3. Dulac

Javelin
1. Bersani 106'2"
2. Gurney meet record
3. Colter
4. Temm

Long Jump
1. Crowley 15'9"
2. Barker
3. O'Connell
4. Irving
5. Gifford
6. Snow

Triple Jump
1. Barker 34'4"
2. Irving meet record
3. Andrews
4. Crowley
5. P. McLaughlin
6. Murphy

High Jump
1. Wiebe 5'
2. Irving ties record
3. Alexander
4. M. Clemente
5. P. McLaughlin
6. Rich

Senior Girls

100 meter dash
1. Martin 13.1
2. Heslam meet record
3. Knowlan
4. Clark

220 yard dash
1. Martin 27.1
2. L. Clemente
3. Clark

440 yard dash
1. M. Clemente 68.0

880 yard run
1. P. Perkins 2:22.6
meet record

Mile run
1. Malone 5:18.6
2. S. Perkins meet record
3. Heslam

Two mile run
1. Malone 11:55
meet record

100 meter hurdles
1. Heslam 15.3
2. Dineen meet record
3. Knowlan

440 yard intermediate hurdles
1. Heslam 68.0
2. Dineen meet record
3. Aldus

4x110 yard relay
1. Lakers (Dineen, Knowlan, Martin, P. Perkins) 53.7
meet record

4x440
1. LTC (Dineen, Malone, S. Perkins, S. McLaughlin) 4:26.1
meet record

Mile walk
1. King 12:26

Shot Put
1. LeClair 38'8 1/2"
2. Atwell
3. Mishou
4. McLean

Discus
1. LeClair 99'6"
2. McLean
3. Ziegler
4. Atwell
5. Mishou

6. King
Javelin
1. Atwell 127'7"
2. LeClair meet record
3. McLean

Long Jump
1. Raley 14'11"
2. Dillihunt
3. Keenan
4. King

Triple Jump
1. Dillihunt 32'9"
2. Raley meet record
3. Martin
4. King
5. Aldus

High Jump
1. Robinson 4'10"
2. Raley
3. Dillihunt

Results courtesy of J. Frank Glynn
Lakers Track Club

SEVENTH ANNUAL PAUL BUNYAN MARATHON Bangor-Orono July 18th

1. Stuart Jenkins	2:27:00
Mark Whaley	2:27:00
3. Rock E. Green	2:30:35
4. Jamie McSkimming	2:31:32
5. B. Williams	2:34:12
6. Ray Nelson	2:34:49
7. Dick Fournier	2:36:56
8. Hank Chipman	2:39:01
9. Bill Hine	2:39:34
10. Henri Bouchard	2:39:50
11. Gary Cochran	2:41:15
12. Steve Dexter	2:41:28
13. Mike Westphal	2:43:23
14. Bill Lawder	2:44:15
15. Dave Sauls	2:44:46
16. Steve Kozlovich	2:46:00
17. Eric Ellis	2:46:41
18. Mickey Lackey	2:46:49
19. Tom Chirro	2:47:06
20. Dave Roberts	2:47:11
21. Ted Hammett	2:47:33
22. Edward Ferreira	2:47:34
23. Dale Dorr	2:47:34
24. Deke Talbot	2:48:32
25. Ed Hollidge	2:48:57
26. Tom Egan	2:49:22
27. Robert Griffin	2:49:27
28. John Condon	2:49:40
29. Paul Ryan	2:50:23
30. Richard McFaul	2:51:47
31. R. J. Harper	2:51:55
32. Tom McWalters	2:52:20
33. Bob Coughlin	2:52:28
34. Rolf Westphal	2:54:01
35. Dean Rasmussen	2:54:15
36. Darren Billings	2:54:32
37. Colin Overy	2:54:44
38. Erik White	2:55:56
39. Bill Hine	2:56:20
40. Robin Hines	2:56:31
41. Ray Latno	2:56:31
42. Ken Newsome	2:57:48
43. Doug Graves	2:58:12
44. Robert Baldwin	2:58:38
45. Terry Short	2:59:09
46. Rob Jarratt	2:59:19
47. George Liming	2:59:30
48. Mike Daley	2:59:49
49. John McHale	2:59:56
50. Paul Stulgaitis	3:00:06
51. Bob Booker	3:00:14
52. Norman Hawes	3:00:46
53. Oscar Feichtinger	3:01:48
54. Bill Roblee	3:02:10
55. Bill Stewart	3:02:11
56. Larry Whipkey	3:02:35
57. Robert Nicholson	3:02:57
58. Tom Barrows	3:03:27
59. Jon Beverly	3:03:40
60. John Lothrop	3:03:50
61. Carol Roy*	3:04:17
62. David Leacock	3:05:09
63. Gary Wright	3:05:18
64. Don Lamarre	3:06:03

65. Steve Jones	3:06:19
66. Herm Strom	3:06:43
67. Ed Morin	3:06:49
68. Mike McGlamery	3:07:48
69. David Herlan	3:08:22
70. John Hammond	3:08:54
71. David Torrey	3:08:58
72. Larry LaVasseur	3:09:03
73. John Brittain	3:09:14
74. Roger Charette	3:09:15
75. Charlie Nichols	3:09:24
76. Mike Cole	3:10:44
77. Robert Searles	3:10:59
78. Peter Benson	3:11:34
79. Arthur Graves	3:11:38
80. John Clark	3:11:59
81. Howard LaPorte	3:12:39
82. Martin Habert	3:12:49
83. Steve Gershman	3:13:22
84. Barry McLaughlin	3:13:34
85. Ray Rogers	3:13:53
86. Ty Giesemann	3:14:19
87. Joel Walton	3:14:59
88. Cliff Hatfield	3:15:45
89. John Moncure	3:16:19
90. Richard Roberts	3:16:19
91. Doug Ludewig	3:16:30
92. Terry D'Italia	3:17:00
93. Bob Jolicoeur	3:17:20
94. Richard Fisher	3:18:08
95. Rom Daly	3:18:13
96. Orlando Delogu	3:18:23
97. Tom O'Connor	3:19:13
98. Alan Holmgren	3:19:19
99. Chuck Koehler	3:19:29
100. Kyle Rankin	3:19:40
101. Ike Carpenter	3:19:40
102. Don Bruce	3:20:13
103. John Cavan	3:20:15
104. Dave Smith	3:20:16
105. Pete Lee	3:20:21
106. Charles Porter	3:21:12
107. John St. Peter	3:21:53
108. Tom Fitzmorris	3:22:24
109. William Tooker	3:22:41
110. Dave Laude	3:22:44
111. Larry Rich	3:22:54
112. Carlton Mendell	3:25:14
113. Skip Howard	3:23:58
114. Larry Davidson	3:24:37
115. Dave Gorczyca	3:24:44
116. Brian Callahan	3:25:24
117. Peter Gerdine	3:25:43
118. Julian Angelone	3:25:57
119. Terrance Eldridge	3:26:39
120. Bill Seekins	3:26:52
121. Gil Roderick	3:26:56
122. Gary Warhurst	3:27:30
123. Tom Coy	3:27:48
124. Tom Houston	3:28:10
125. Fred Adams	3:28:13
126. Dick Oppel	3:28:44
127. Roger Ellsbury	3:28:55
128. Ray Cooper	3:29:11
129. Carl Sanborn	3:29:11
130. Denton Bumgardner	3:29:23
131. Tom Burke	3:29:26
132. Don Noeker	3:29:27
133. Loren Ritchie	3:29:44
134. Frank Lento	3:30:15
135. Dan Becker	3:30:26
136. Tom L'Heureux	3:30:28
137. Joanie Rhoda*	3:30:57
138. Verl Dyer	3:31:21
139. Bill DeMeo	3:31:35
140. Mike Bassi	3:32:02
141. John White	3:32:06
142. Brian Perkins	3:32:07
143. Ron Harris	3:32:16
144. Fred Schmidt	3:32:40
145. Barbara Coughlin*	3:32:49
146. Charles Francis	3:33:02
147. Vance Stoddard	3:33:05
148. Don Waterbury	3:33:08
149. John Beckett	3:33:12
150. Tim Crowley	3:33:39
151. Joe Kopacz	3:34:14
152. Nancy Schwalm*	3:34:14
153. Patty Murray*	3:34:28
154. Larry Lunn	3:35:02
155. Marty Thornton*	3:37:00
156. Dick Sabine	3:37:11
157. Robin Garner	3:37:16
158. Cliff Fletcher	3:37:48
159. John Archambault	3:38:32
160. Ken Kampper	3:38:46
161. Bob Crosswell	3:38:56

162. Julius Marzul	3:39:06
163. Gary Young	3:39:18
164. Mort Libby	3:39:32
165. Boyd Osler	3:40:15
166. Bill Evenski	3:40:17
167. Phil Boyne	3:40:31
168. Tony Gagnon	3:42:39
169. Linda Dillman*	3:42:55
170. Mike Jenike	3:43:15
171. Blanchard Hupper	3:45:59
172. Frank Dashnay	3:44:20
173. Joe Nolan	3:44:34
174. Dave Body	3:44:42
175. Greg Snowden	3:44:53
176. John Pluto	3:45:00
177. Gary Worthing	3:45:22
178. Terry Purcell	3:45:44
179. Andrey Roberts*	3:45:56
180. Patricia Luce*	3:46:58
181. Reg Brock	3:47:26
182. Neale Smith	3:45:15
183. Burt Haggett	3:48:51
184. Tracey LePage*	3:49:34
185. Linda McNamara*	3:49:34
186. Pam Hennessey*	3:50:42
187. Sandy Haggett*	3:50:48
188. Mike Seliger	3:51:32
189. James Brennan	3:51:35
190. Bob Pride	3:52:48
191. Vernard Lewis	3:53:37
192. Steve Swindells	3:53:58
193. Don Back	3:54:08
194. John O'Donnell	3:54:45
195. Martin Trachansky	3:55:11
196. John Vose	3:56:06
197. Alexander Murray	3:57:29
198. Paul McCourt	3:57:41
199. Sally Peterson*	3:57:47
200. Darrell King	3:58:02
201. Gene Harvey	3:58:15
202. Doug White	3:59:32
203. Diane Lounder*	3:59:43
204. Mike Fletcher	4:00:36
205. Bill Green	4:02:53
206. Bill Leonhardt	4:05:38
207. Jeanette LePlante*	4:06:41
208. Leona Clapper*	4:07:03
209. Roger Williams	4:10:43
210. Sarah Glenn*	4:11:46
211. Peter Allen	4:13:11
212. Peter MacKintosh	4:15:03
213. Jeff Preble	4:16:48
214. Pete Szawlowski	4:21:10
215. Dave Champagne	4:22:19
216. Ollie Faulkner	4:30:21
217. Carl Hardrick	4:32:34
218. Bob Handleman	4:33:22
219. Liz Szawlowski*	4:34:25
220. Betty Klein*	4:37:18
221. Charlie Clapper	4:39:02
222. Barry Lohnes	4:40:38
223. Tom Costello	4:40:45
224. Larry Fan Peursen Jr.	4:44:06

225. John Douglas	4:56:47
226. Rod Eves	4:56:58

Results courtesy of Larry Allen
Finish line coordinator

PAUL BUNYAN MARATHON

by Bob Booker

The Paul Bunyan Marathon is slowly coming of age. The course is set and will not change again unless Marsh Island floats away or something.

Dave Sauls and his crew from New Jersey keep coming back because there is so much variety in the courses. Well, I think the certified course is set for a while.

Stu Jenkins and Mark Whaley handled the course quite well. They went out hard and held on to tie in 2:27 flat. The two from Principia College in Elsah, Illinois breezed to the victory.

Carol Roy left the Paul Bunyan statue with a huge cluster of male runners. Some of us were with her to push her to a PR while others were feeding off her consistent pace while still others were just enjoying running with a pretty woman. Even with two pit-stops Carol slashed 5 minutes off her PR and finished in the heat in 3:04:17.

Rock Green and Barb Coughlin collected Maine Running's Triple Crown of Marathoning awards for averaging the best pace over Maine's three major marathons: Casco Bay '80, Nike/Maine Coast and the Bunyan.

Special recognition must be given to Benjamin's Tavern of Bangor who bought all the T-shirts and trophies so that the proceeds of the race could be turned over to charity. Thanks J.P.

I once against milked the emotions and nerves of the crowd by throwing another race ending in 3:00:14. If I ever break 3 hours people won't notice my performance any more. I got all the help anyone could use but came up just a little short once again. I wonder how long it took me to re-tie my shoe at the top of the Essex Street hills?

Bob Booker
3:00:14 PR

LARRY ALLEN

ROAD RACER, COACH, RACE DIRECTOR



Larry lowers his core temperature as he and Rick Packie wheel measure the Great Cranberry course "unofficially" with a well stocked wheelbarrow.



Larry cools off with Neil Lash after pushing me to a PR at Damariscotta. Larry is one of the founders of the Downeast Striders. He has given Gary Coyne, Mark Violette and I a great deal of help with form, and training.



Larry poses with the members of his four relay teams from Bangor High School. Since coming to Bangor the track team has doubled in numbers and performance.

Larry Allen, Ed Sturna's right arm for years at the University of Maine, is now one of the finest race director's in the state. His efforts at Great Cranberry, Bangor Fourth of July and the Paul Bunyan have earned him the respect of road racers state wide. If Larry Allen is working on a race you can be assured that you will be treated royally.

19th ANNUAL BANGOR LABOR DAY ROAD RACE

Sponsored by the Bangor Parks and Recreation Department in cooperation with the Downeast Striders

Please enter me in the Labor Day Road Race (Wheel Measured 5 Miles)

PLACE: Paul Bunyan Statue — Finish on race track in front of the grandstand

DATE: Monday, September 7th TIME: 9:00 a.m.

Name
Address
City State Zip
Phone Age Sex

DIVISIONS: (Age)

16 & Under 17 - 29 30 - 39
40 - 49 50 - 59
60 and Over

ENTRY FEE: \$3.00

In consideration of this entry being accepted I, for myself, my heirs, executors, administrators waive and release any and all rights and claims for personal damages I may have against officials and race sponsors. I attest and verify that I have full knowledge of the risks in this event and I am physically fit to participate in this event. I hereby release the City of Bangor and all others assisting with the Labor Day Road Race from any liability for any injury or accident occurring as a result of my participation in this race.

Signature Parent or guardian signature
if under 18 Date

RACE INFORMATION

STARTING TIME: 9:00 a.m.

REGISTRATION: 7:45 — 8:45 a.m. at the Bass Park Grandstand

COURSE: See map on reverse side. Save this section.

FACILITIES: Restrooms only; in Grandstand.

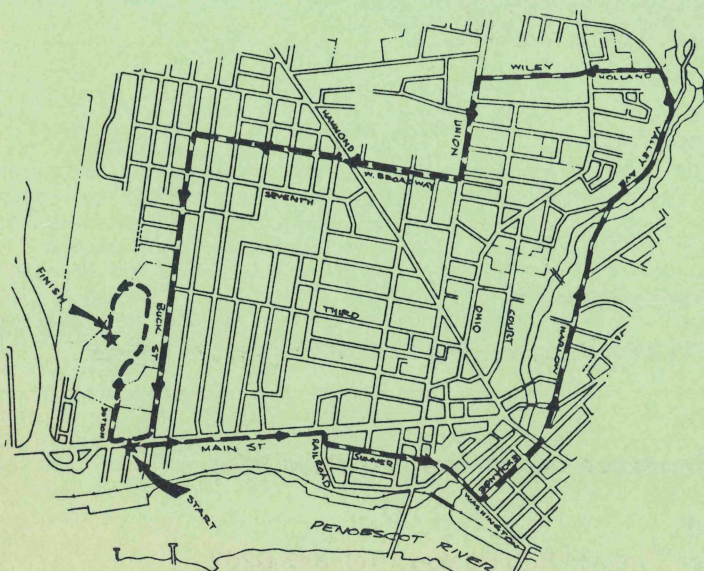
AWARDS CEREMONY: Will take place on the steps of the grandstand.

AWARDS: Awards to the 1st, 2nd and 3rd place finishers in each category. The first 100 runners to register will receive a commemorative T-Shirt.

ENTRY AND FEE:

Make check payable and mail to: Bangor Parks and Recreation Department c/o Road Race
224 14th Street
Bangor, Maine 04401

Complete results will be published in Maine Running - Race Director Bob Booker, Tel. 843-6262



BANGOR LABOR DAY ROAD RACE WINNERS

Year	Name	Home	Time	No. Entered
1963	DAVE FARLEY	ORRINGTON	26:55.4	14
1964	DAVE FARLEY	ORRINGTON	28:40.8	15
1965	BOB HILLGROVE	ROCKLAND	28:36.0	16
1966	BOB HILLGROVE	ROCKLAND	26:54.7	37
1967	BOB HILLGROVE	ROCKLAND	27:17.3	44
1968	BOB HILLGROVE	ROCKLAND	26:44.3	34
1969	BOB HILLGROVE	ROCKLAND	27:20.4	29
1970	WALTER RENAUD	ORONO	25:58.8	28
1971	RALPH THOMAS	AUBURN	25:43.0	35
1972	LARRY GREER	CAPE ELIZABETH	26:33.0	44
1973	LARRY GREER	CAPE ELIZABETH	27:13.0	49
1974	BOB HILLGROVE	WARREN	26:29.0	45
1975	RALPH THOMAS	GARDINER	26:10.0	60
1976	MIKE RODDIN	MILFORD	26:42.0	108
1977	BOB HILLGROVE	THOMASTON	25:24.0	137
1978	PETER WEITH	BURLINGTON, Vt.	25:54.0	248
1979	PETER WEITH	BURLINGTON, Vt.	25:51.0	275
1980	MIKE WESTPHAL	NEW DEER ISLE	25:53.3	237

5000 meters

LINCOLN FALL CLASSIC

5000 meters

DATE: Sunday-October 11, 1981 (Columbus Day Wknd.)

TIME: Race Starts at 3:00 sharp
Registration from 2:00 to 3:00

WHERE: Mattanawcook Junior High School
Lincoln, Maine - (just 45 minutes North of
of Bangor)

COURSE: 5 kilometers-(3.106 miles)-Wheel measured.
Start/Finish at Junior High School

FACILITIES: Showers and restrooms available at junior
high school. Bring your own towel.

ENTRY: \$4.00 ***FREE SCREENED T-SHIRT TO ALL ENTRANTS***

AWARDS:

OVERALL MALE	OVERALL FEMALE
Junior Male (13 under)	Junior Female
14-18 male	14-18 female
19-29 male	19-29 female
30-39 male	30-39 female
40 over male	40 over female

FEATURES:

- *Aid station halfway
- *All miles marked
- *No traffic problems
- *Times at 1 and 2 miles
- *Immediate Results posted
- *Free post race liquid refreshment
- ***Free Screened T-Shirt

OFFICIAL ENTRY FORM

Name:.....

Address:.....

Age:..... Sex: M F T-Shirt Size: sm med lg

In consideration of acceptance of this entry, I, for myself, heirs and assigns, waive and release any and all rights and claims for personal damages I may have against the officials, volunteers or towns involved with this road race.

SIGNATURE: _____

(parent or guardian if under 18)

Make checks payable to: Lincoln Fall Classic (\$4.00)

Mail to: Mike Salvato-Mattanawcook J.H.S.-Lincoln, Maine 04457

CAMDEN AREA Y.M.C.A.

PRESENTS

FIRST ANNUAL TIN MAN TRIATHLON

WHERE: CAMDEN AREA Y.M.C.A., CAMDEN, MAINE

WHEN: SUNDAY, SEPTEMBER 20th - 9:00 A.M.

WHAT: 1/2-mile Swim - Megunticook Lake
25-mile bike ride (ALL DONE IN ONE DAY)
6.5 mile run

FACILITIES: CAMDEN Y.M.C.A. Pool, showers, lockers & towels, etc.

FEE: \$10, which includes free spaghetti dinner on Saturday
night, Sept, 19th at 6:00 P.M.

REGISTRATION: CAMDEN AREA Y.M.C.A.

P. O. BOX 416

CAMDEN, MAINE 04843

Mail due date Sept. 16th - Day of race 7:00-8:00

***Register early because of minimum of 25 athletes
needed to conduct triathlon.

AWARDS: 1st, 2nd, & 3rd Unique awards for men's & women's open

RACE DIRECTOR: BILL HUGHES (236-3375 or 338-4252)

T-Shirt _____ \$3.00 charge - sizes S-M-L

DINNER RESERVATIONS _____ \$3.50 for non athlete (No. in party)

PLEASE DETACH AND MAIL

In consideration of this event being accepted, I, for
myself, my heirs and assigns, hereby waive and release all
rights and claims for personal damages I may have against
officials and race sponsors.

Signature _____

Date _____

If minor, parent or guardian must sign

NAME _____

ADDRESS _____

CITY _____

STATE _____

ZIP _____

AGE _____

M OR F _____

Entry fee \$10: Check payable to Camden YMCA, Camden, Maine 04843
& additional
information

THE
PEOPLES
BANK

3rd ANNUAL PEOPLES BANK ROAD RACE

THE
PEOPLES
BANK

10,000 METER (6.2 MILES) WHEEL MEASURED COURSE

BENEFIT:

United Way of Androscoggin County

WHEN:

Sunday, September 20, 1981, 1 P.M. (rain or shine)

WHERE:

City Parking Lot, corner of Ash & Park, Lewiston, Maine

REGISTRATION:

11:30 AM - 12:45 PM Pre-registration \$3.00, \$4.00 Race Day -
T-Shirts First 150 registrations. Pre-registration deadline
September 15, 1981.

COURSE:

Maps available on Race Day. Splits at 1 and 3.1 miles. Water at
3.1 miles. Electronic finish. Race officials from Maine Track Club.

RACE DIRECTOR:

Rick K. Strout - 784-2981-Business - 829-3216-Home

FACILITIES:

Restrooms at Salvation Army Building, Park Street

AWARDS CEREMONIES:

2:15 P.M.

AWARDS:

Men's Open - Top 15 Positions*
30-34 - First Ten
35-39 - First Ten
40-44 - First Five
45-49 - First Five
Over 50 - First Three

*First 4 Open winners receive gift certificates
1st Prize \$100 gift certificate. Winners 5-15
will receive trophies

Women's Open - Top 10 Positions*
30-39 - First Five
40-49 - First Five

*First 4 Open winners will receive gift certificates.
1st Prize \$100 gift certificate.
Winners 5-10 will receive trophies.

14 and under - male and female - First Three
Oldest Finisher
Youngest Finisher male & female
Best combined time father & son - 1st & 2nd
Best combined time mother & daughter - 1st & 2nd
First Three United Way Volunteers

COURSE RECORD 1980

Peter Brigham - 31:08

Robin Emery - 37:31

REGISTRATION

3rd ANNUAL PEOPLES SAVINGS BANK ROAD RACE

Name (please print)

Age

Sex

Telephone

Address

☐ Check here if Bates College Student

☐ Check here if United Way Volunteer

☐ Check here if Father & Son Participants

☐ Check here if Mother & Daughter Participants

Father's Name (Please print)

Mother's Name (Please Print)

Son's Name (Please print)

Daughter's Name (Please Print)

In consideration of Peoples Savings Bank permitting me to participate in the Peoples Bank Road Race, I hereby for myself, my heirs, administer, and assigns waive and release any and all rights and claims of any nature that I may have against Peoples Bank and any organization connected with this event, their representatives, successors, and assigns for any and all injuries or damages of

any nature which I may suffer while taking part in my activities connected with the event.

Signature of Participant (If under 18, must be signed by parent or guardian.)

Mail to RICK STROUT, Peoples Bank, 140 Lisbon Street, Lewiston, ME 04240
PROCEEDS TO BENEFIT UNITED WAY OF ANDROSCOGGIN COUNTY

READFIELD RUN TO READ!

The Kick-Off Event for the 2nd Annual Readfield Library Fair

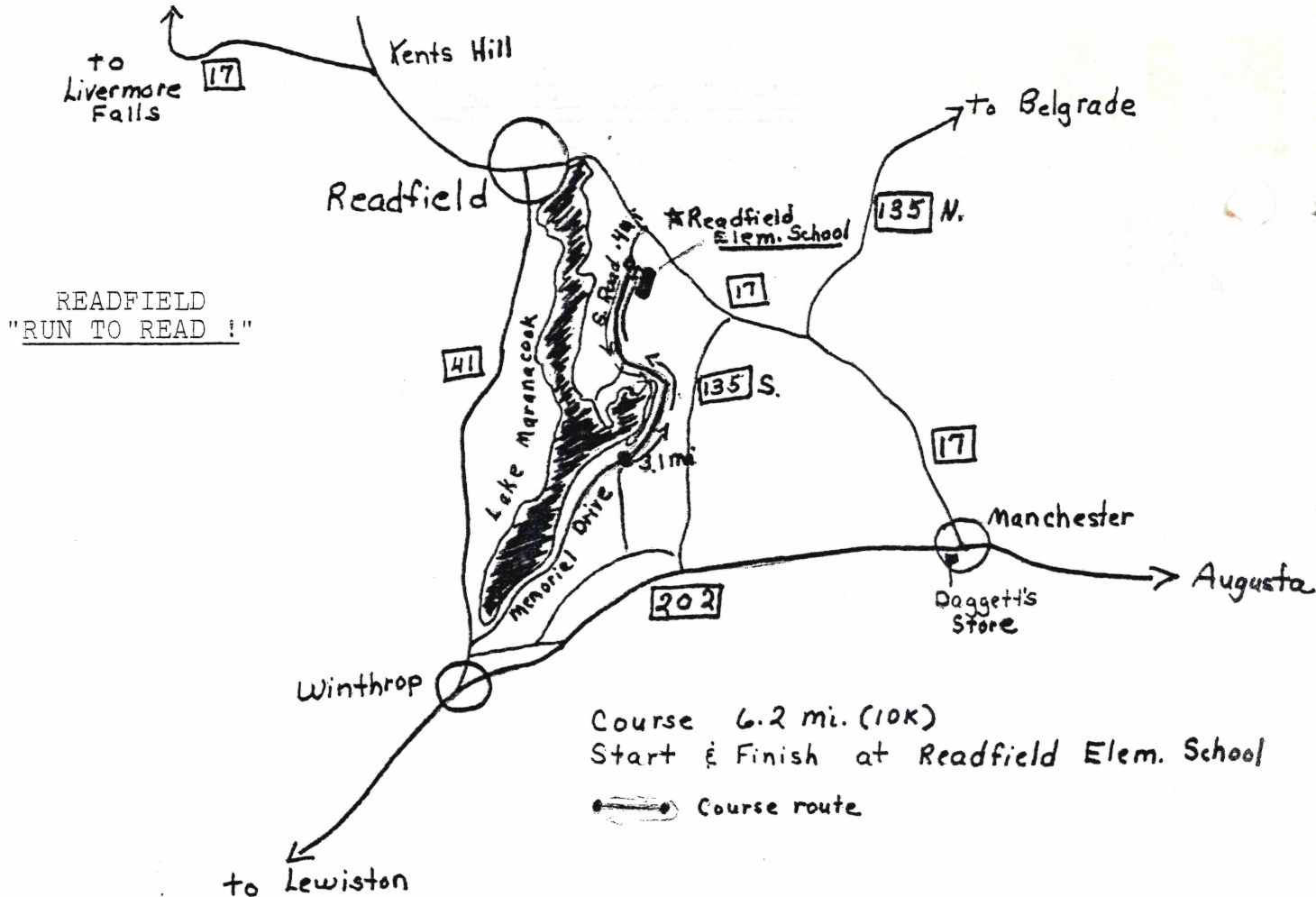


Sponsored by
The Readfield Library Committee

Coordinated by
THE MAINE ROAD RAMBLERS

Endorsed by
RUN FOR YOUR LIFE

- WHEN: Saturday, September 12 10:00AM
- WHERE: Race begins in front of the Readfield Elementary School, South Road, Readfield, Maine. See map on back.
- COURSE:
- * Rolling, wheel-measured 6.2 (10K), out-and-back course on quiet country roads. Each mile marked.
 - * 2-Mile Fun Run.
 - * Free Olympic-type track events on the athletic field.
- WHAT:
- These events mark the beginning of a day of fun for the whole family. The 10K will be an interesting, well-marked course, and the Fun Run will be a great race for the beginning or junior runners in the family. Stay on and enjoy games, booths, good food, pony rides, an auction, and much more at a real country fair.
- * Distinctive silk-screened T-Shirts for all who pre-register for the 10K or Fun Run. Application must be mailed by September 5 to receive free Tee!
 - * Free refreshments for participants after the race.
- AWARDS: For the 10K gift certificates and unique prizes in following categories:
- | | | |
|------------|------------------------|-----------------------|
| *OPEN: | 1-5 Males; 1-3 Females | *Youngest Finisher |
| *Under 20: | 1,2 Males; 1,2 Females | *Oldest Finisher |
| *20-29: | 1,2 Males; 1,2 Females | *Fastest Parent/Child |
| *30-39: | 1,2 Males; 1,2 Females | Combo. |
| *40 +: | 1,2 Males; 1,2 Females | |
- *THOPHIES AND RIBBONS IN MANY CATEGORIES FOR THE FUN RUN!
- ENTRY FEE: \$3.50 Entry Fee for 10K and Fun Run. Free T-Shirt if application mailed by Sept. 5th.
- \$1.00 Entry Fee for Fun Run if T-Shirt not desired.
- Mail application to: MARY JANE DAY
BOX 185
Kents Hill, Maine 04349
- Make checks payable to: READFIELD LIBRARY COMMITTEE.



OFFICIAL ENTRY FORM

In consideration of the sponsors permitting me to participate in the Readfield Run to Read, I hereby for myself, my heirs, administrators, and assigns, waive and release any and all rights and claims of any nature that I may have against the Readfield Elementary School, the Readfield Library Committee, the Maine Road Ramblers, Run For Your Life, or any other organizations connected with this event, their representatives, successors, and assigns for any and all injuries or damages of any nature which I may suffer while taking part in my activities connected with this event. I attest and verify that I am physically fit and sufficiently trained to participate in this event.

Name (Please print) _____ Age _____ Sex _____

Address _____

Names of other participants: _____ Age _____ Sex _____

Size T-Shirt desired with each \$3.50 Entry Fee:

Adult: S M L Child: S M L

Signatures of participants or parent/guardian for runners under 18:

DIAL HELP*

947-6143 ROAD RACE

WHERE: Community Health and Counseling Services
43 Illinois Avenue, Bangor, Maine

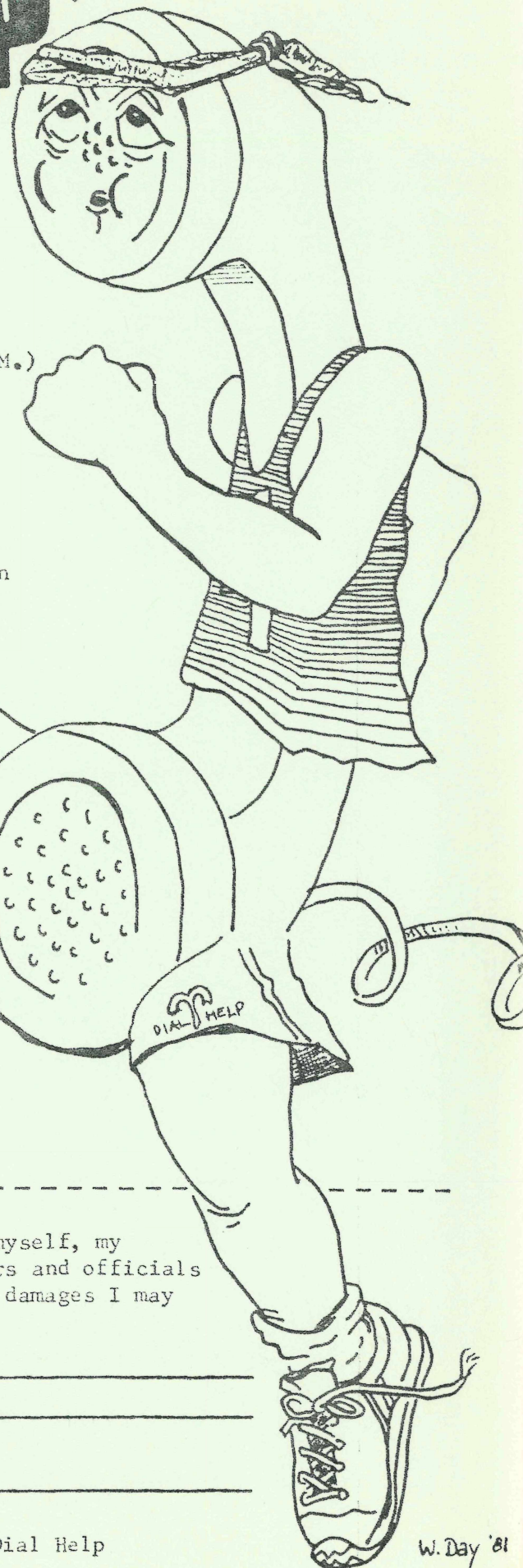
WHEN: August 29, 1981
11:00 A.M. (Registration begins 10:00 A.M.)

COURSE: 4.35 miles ENTRY: \$4.00

AWARDS: Tee shirts to all finishers
Time certificates to all finishers
Trophies to top finishers in each division
And More

OTHER INFO: Time checks 1 & 3 miles
Water station halfway
Rest rooms
Free refreshments

And don't forget the 3rd
Annual Autumn Run Road Race
September 27, 1981 at
2:00 P.M. in Dover.



* Race Sponsored by:
Community Health and Counseling Services/
Dial Help

OFFICIAL ENTRY FORM

In consideration of this entry being accepted, I, for myself, my heirs and assigns, hereby waive and release the sponsors and officials of this race from any liability for personal injury or damages I may suffer as a result of this race.

Name _____ ADDRESS _____
TOWN _____ STATE _____
Tee shirt size S M L AGE _____
Signature _____
(Parent or guardian if under 18)

Return to: Community Health and Counseling Services/Dial Help
43 Illinois Avenue, Bangor, Maine 04401

Questions? Call 947-6143 or 1-800-432-7810

W. Day '81

The Good Sports 10 Mile Run To The Coast & Back



- August 23, 1981, race starts at 8:00 a.m. sharp!
- Registration closes 7:30 a.m. day of race
- Starts at Bowdoin College, goes through Pennellville to coast, loops back to Bowdoin
- Course is wheel measured over relatively flat, scenic coastal and residential areas
- Olympic-style start-finish in stadium on finest artificial track surface in Maine
- Locker room facilities at college's Morrell Gymnasium
- Three water stops and mile markers and refreshments after the race
- Commemorative t-shirts to the first 300 registrants
- Awards in the following categories for both males and females: open, 18 & under, 19-29, 30-34, 35-39, 40-44, 45-49, 50-59 and 60 and over. Also Youngest Finisher, Oldest and best two generation.
- Course Records: Men, Steve Podgajny, 50:36, 1980.
Women, Joan Benoit, 57:28, 1978
- Entree fee: \$4.00 (make checks payable to The Good Sports)
(50c extra for team Bunn Hill members)
- Send entries to: Rob Jarratt, The Good Sports, 3 Pleasant Street, Brunswick, Maine 04011
(207) 729-9949

The Good Sports 10 Mile Run To The Coast & Back

Full name _____
Age (as of 8/23/81) _____ Sex _____
Address _____
City _____ State _____

T-Shirt Size S ☐ M ☐ L ☐ XL ☐

Assumption of risk agreement and release.
(Please read carefully)

I agree to assume all responsibility for and all risk of damage or injury that may occur to me as a participant in this event. In consideration of being accepted as a participant in this event, I hereby, for myself, my heirs, executors and administrators, release and discharge The Good Sports, any sponsors, Bowdoin College and all persons associated with this event from all claims, damages, causes of action, present or future, known or unknown, anticipated or unanticipated, which result from, arise out of, or are incident to my participation in this event. I hereby certify that I am physically fit and sufficiently trained for competition in this event.

Signature _____
Parent or Guardian _____
(if under 18)

3rd Annual "KENNEBEC 10,000"

With a 1 Mile Fun Run

★ OFFICIAL ENTRY BLANK ★

Please enter me in the KENNEBEC 10,000 Road Race.

Place: Madison, Maine

Date: Saturday, August 22, 1981 Time: 10:30 A.M.

Name _____

Address _____ Phone _____

City _____ State _____ Zip _____ Age _____ Sex _____

Divisions (age): 19 & under _____ 20-29 _____
30-39 _____ 40-49 _____ 50 & over _____

"KENNEBEC 10,000 RECORDS"

19 and Under					
Todd Hews	33:02	1979			
Dianna Raedle	43:58	1980			
20-29			40-49		
Dan Paul	33:26	1979	Ralph Thomas	33:15	1979
Dawn Krasnavage	51:09	1979	Jeannette LaPlante	47:37	1980
30-39			50 & Over		
Ted Czepiel	34:40	1980	Vern Lewis	40:36	1980
			Norma Mitton	69:57	1980

RACE INFORMATION

Starting Time: 10:30 A.M.

Registration: 9:00 to 9:45 a.m. Madison High School, or by mail before August 19.
All Runners should report to start early to avoid any delay in starting.

Course: Start and finish at Madison High School.

Facilities: Restrooms and showers available upon completion of the race at Madison High School.

Awards

Ceremony: Will take place upon completion of the race at Madison High School.

Awards: Trophies to first place finishers in each category, plus youngest and oldest finishers. T-Shirts to the first 75 finishers. Soft drinks to all participants.

Awards

Fun Run: All finishers receive a ribbon and soft drink.

SPONSORS

TROPHIES, T-SHIRTS, AND RIBBONS:

Federal Bank

Cianbro Corporation

Madison Paper Industries

Madison - Anson Chamber of Commerce

REFRESHMENTS:

Sampson's Supermarket

Taylor's Drug Store

R.H. Reny's

Beth's Place/Hallow Log

Maverick Meat Market

In consideration of this entry being accepted I, for myself, my heirs, executors, administrators waive and release any and all rights and claims for personal damages I may have against officials and race sponsors. I attest and verify that I have full knowledge of the risks in this event and I am physically fit to participate in THE KENNEBEC 10,000.

Signature _____

*Parents signature is required if participant is under 18 years of age.

10K ENTRY FEE: \$3.00

FUN RUN FEE: FREE

MAIL ENTRY AND FEE:

BOB HAGOPIAN

16 HAGOPIAN CT.

MADISON, ME 04950

696-3088

The Castine Twosome and Open Road Race

* Castine, Maine

Saturday, August 15, 1981

10:30 a.m.

The Twosome Idea: It's simple. Pick a partner of the opposite sex, enter as a team, and your aggregate ages will determine the division in which your team will compete. Winners will be based on the combined times of the two team members.

An open race for singles (with separate awards) will take place simultaneously.

Course Description: 5.1 miles and very hilly. Water and hoses at 1.5, 3.4 and 4.1 miles.

Registration: Castine Patriot, Main Street, Castine, Me., 04421. (Post entries accepted until 10:00 a.m. August 15.)

Entry Fees: \$5.00 per twosome team; \$3.00 per individual.

Awards:

Twosome

First and second places
in each division (aggregate
ages):

- 39 and under
- 40 - 59
- 60 - 79
- 80 and over

(Limit of one award per individual)

Open Race

First place for males
and females in each
division:

- Junior (17 and under)
- Open (18 - 39)
- Masters (40 and over)

Refreshments: Soft drinks and cookies at finish line.

Added Features: Plan to watch the Maine Retired Skippers' Race from the lighthouse cliffs (1:00 p.m. start), and tour the Maine Maritime Academy training ship "State of Maine."

* Home of the Hustling Hatches. They'll be on hand!

.....
In consideration of this entry being accepted, I (we) hereby for myself (ourselves), my (our) heirs, executors and administrators waive and release any and all rights and claims for damages I (we) may have against the Castine Patriot, its agents and representatives, successors and assigns for any and all injuries suffered by me (us) at the Castine Twosome Road Race.

NAME(S)

AGE(S)

ADDRESS(ES)

(M)

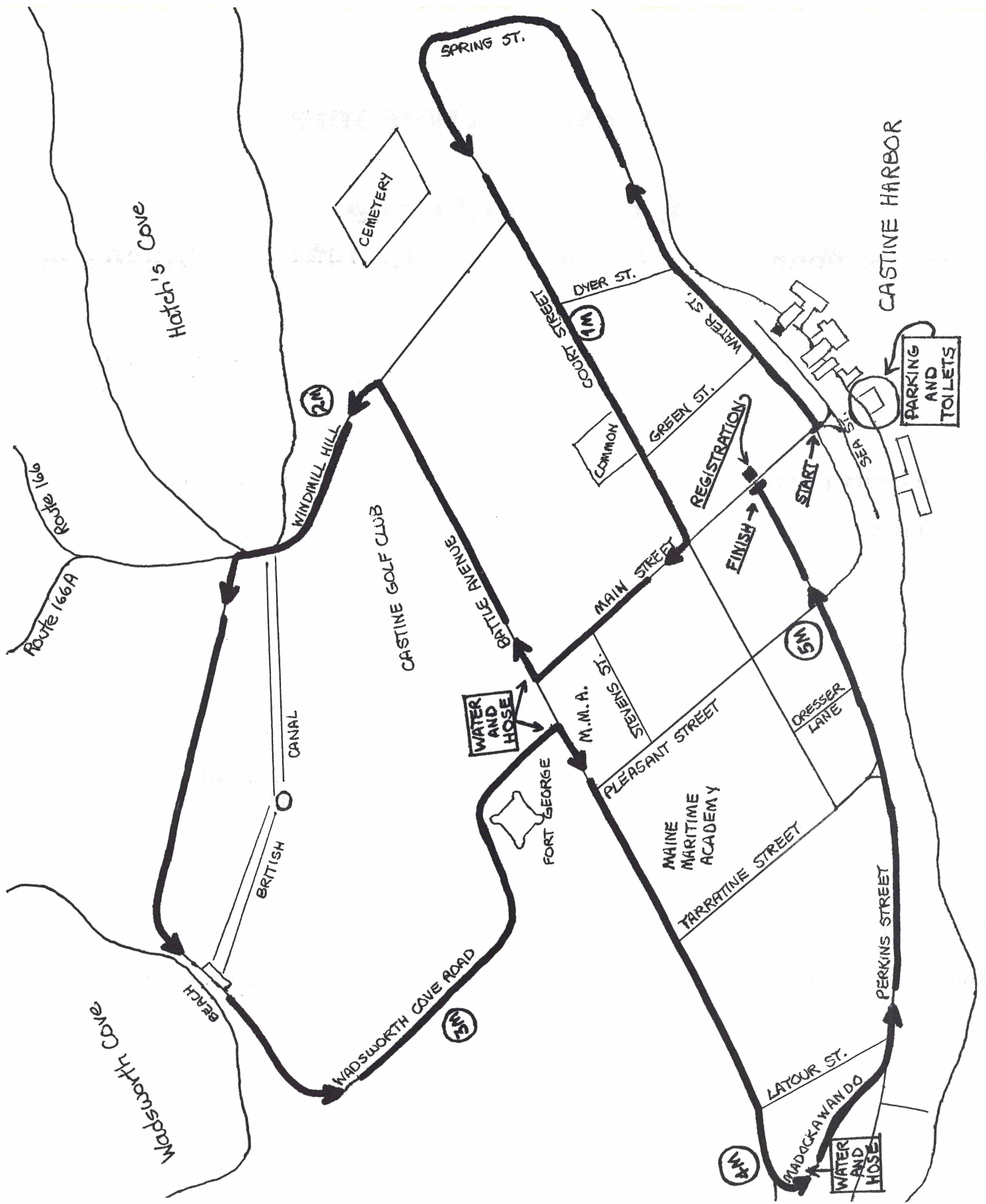
(F)

Signatures:

Division (see front):

Entry fee:

Mail with entry fee to: Castine Patriot, Main St., Castine, Maine, 04421.





SIXTH ANNUAL BLUEBERRY RUNS



- DATE:** AUGUST 15, 1981
TIME: 10 A. M. SHARP
MEET AT: CENTER STREET CONGREGATIONAL CHURCH,
MACHIAS, MAINE
- COURSE:** 5 miles, wheel-measured, scenic and hilly, secondary roads.
AID STATIONS: Splits at 1 and 3 miles, water at 3 miles.
COURSE RECORDS: Harold Hatch (M) 27:06 (1980)
Robin Emery (F) 31:45 (1978)
- SPONSORED BY:** Machias Recreation Department, Machias Arts and Crafts Show, Blueberry Festival Committee.
- DIRECTOR:** Michael Worcester, P. O. Box 418, Machias, ME 04654.
Toilet Facilities only available before race; shower facilities at Machias High School after race.
- AWARDS:** Handmade merchandise awards to:
First 5 Open First over 40 Male
First 2 Female First over 40 Female
First under 18 Mean Runner
- FEES:** \$3.00 if application is postmarked Wednesday, August 12, 1981, or earlier.
\$3.50 post entry fee: Registration begins at 8:30 a. m. in front of Congregational Church Building.
T-shirts given to first 100 pre-registrants
Indicate size: S M L XL
IF YOU DO NOT WANT A T-SHIRT, please indicate (entry fee will be \$1.00)
No T-shirt: _____
Make checks payable to Michael F. Worcester.
- ACTIVITIES:** Machias Arts and Crafts show, with booths and exhibits, will be held at race finish site. A 1981 souvenir program of events will be available FREE to all visitors. This shows where to eat, things to do during this Blueberry Festival, points of interest and available lodgings in the Machias area.
The third annual Cutler BASH will be held, with activities beginning at 3:00 P. M., August 15, at Deke Talbot's cottage at Cutler, Maine. Overnight camping encouraged. Send SASE to Deke Talbot, P. O. Box 437, Machias, ME 04654 for entry form. Entries close Thursday, August 13, and the field is limited to 50. APPLY EARLY! All runners and their families welcome.

OFFICIAL ENTRY FORM
Mail to: BLUEBERRY RUNS, P. O. Box 111,
Machias, ME 04654

Name _____ Address _____
Sex: M F Age (on 8/15/81): _____

In consideration of acceptance of this entry, I do hereby release the Center Street Congregational Church, Town of Machias, and all other sponsors of the 1981 Blueberry Runs from any and all claims of damages, demands, or actions whatsoever or in any manner arising from or growing out of my participation in this athletic event. I also give permission for the free use of my name or my picture in any broadcast, telecast, newspaper, or other account of this event. I ATTEST AND VERIFY THAT I HAVE FULL KNOWLEDGE OF THE RISKS INVOLVED IN THIS 5 MILE RACE, AND THAT I AM PHYSICALLY FIT AND SUFFICIENTLY TRAINED TO PARTICIPATE IN THIS EVENT.

SIGNATURE: _____ AGE _____

SIGNATURE OF PARENT OR GUARDIAN
IF UNDER 18 YEARS OF AGE
(Indicate Relationship)

1ST CONSUMERS GREAT CHALLENGE

A challenging event being held to benefit the mentally retarded and developmentally disabled in the Augusta-Gardiner communities.

DATE: August 15, 1981

STARTING TIME: 9:00 a.m.

LOCATION: Gardiner Sportsman's Club, Cobbossee Avenue, Gardiner, Maine

REGISTRATION: At the Sportsman's Club in Gardiner beginning at 7:00 a.m. until 8:30 a.m.

ENTRY FEE: Individaul - \$6.00, Team - \$12.00

1981 events - $\frac{1}{4}$ mile swim, 6.2 mile roadrace, 6 mile paddle

Events Description: One start with continuous timing, begining with the $\frac{1}{4}$ mile swim in Cobbossee Stream followed by a 6.2 mile roadrace over a wheel-measured course which will start and finish at the Sportsman's Club. Then it's back into the water with canoe for the third event consisting of a 6 mile paddle in Cobbossee Stream.

Individuals may participate by completing all three events themselves or my be part of a team which may consist of either 2 or 3 members.

T-SHIRTS WILL BE GIVEN TO THE FIRST 50 TO REGISTER.

A W A R D S

Individaul

Male

Junior (16 and under) 1st, 2nd
Open (17 - 39) 1st, 2nd, 3rd
Masters (40+) 1st, 2nd

Female

Junior (16 and under) 1st
Open (17 - 39) 1st, 2nd
Masters (40+) 1st

Team

Male

Junior 1st, 2nd
Open 1st, 2nd, 3rd
Masters 1st

Female

Junior 1st
Open 1st, 2nd
Masters 1st

Team awards will also be presented to the 1st and 2nd place Mixed sex team, and to the 1st and 2nd place Family Teams.

ADDITIONAL INFORMATION FROM: Marty Thornton, 18 Mayflower Road, Hallowell, 04347 or call (207) 623-3582.

CHANGING FACILITIES WILL BE AVAILABLE

REFRESHMENTS WILL BE PROVIDED TO PARTICIPANTS



MAD WITCH HALF MARATHON

BREWER RECREATION & PARKS DEPARTMENT'S EIGHTH ANNUAL MAD WITCH HALF MARATHON

Co-sponsored - Athletic Attic, Bangor Mall
Trophies provided by Manhattan Trophy, Bangor

DATE: Saturday, August 15, 1981

REGISTRATION: 7:30A.M., Brewer Auditorium

STARTING TIME: 8:30A.M.

NEW COURSE: 13.0 MILES. OUT EASTERN AVE.
LEFT TO CLEWLEYVILLE ROAD
RIGHT TO LEVENSELLAR ROAD
RIGHT TO EASTERN AVE. EXTENSION
BACK TO EASTERN AVE.

ENTRY FEE: \$2.00

FEATURES

Brewer Municipal Swimming Pool
will be available.

Commemorative Tee Shirts will be
awarded to all finishers.

Commemorative Ribbons awarded to
all finishers.

Water and gatorade stations
every 2.5 miles.

Rescue vehicle in attendance.

AWARDS

Trophies first top four finishers.
First High School finisher.
First Brewer School District finisher.
First finisher 15 and under
First three female finishers.
First finisher 20-29
First finisher 30-39
First finisher 40-49
First finisher 50 & Up
First team finish (team trophy)

MAD WITCH HALF MARATHON Registration and Release Form

Name _____ Affiliation (club) _____

Address _____ City _____ State _____

Birthdate _____ Phone _____

I do hereby release and hold harmless the City of Brewer, Brewer Recreation
Department, and any of its employees and agents from any and all liability
whatever form or nature which may arise as a result of an injury or
injuries in my participation in the Mad Witch Half Marathon.

Signature _____

If under 18 Parent must sign _____

MAINE RUNNING INFORMATION CORNER

Make sure you check the tag on the cover of the magazine to see when your subscription runs out. If it says: 4-82 that means that the last issue you will receive will be the April issue of 1982. If we do not receive \$12.50 before April 15th, you will have to pay the full subscription price of \$15.

If you need a Chronomix Timing Device the price is \$35 if you pick it up and return it; \$50 if I bring it to you.

Want to give a nice gift to a running friend or looking for a different prize at your race? How about giving Maine Running. Call about special rates.

TROPHIES & AWARDS

*Prompt service

*Engraving

*Trophies

*Plaques

Economy Trophy
Bob Hagopian
109 Main St.
Madison, Me. 04950
696-5548



RECOGNIZING THAT STRUGGLING NEW PUBLICATIONS SOMETIMES CANNOT BE VERY SELECTIVE IN THEIR CHOICE OF ADVERTISERS, BUT RECOGNIZING ALSO THE DANGERS OF UNSUPERVISED USE OF DRUGS AND MATERIALS NOT AUTHORIZED FOR HUMAN APPLICATIONS, WE HAVE PURCHASED THIS SPACE IN MAINE RUNNING MAGAZINE IN ORDER TO SUPPLANT ADVERTISING FOR DMSO, WHICH WE FEEL IS AN UNPROVEN AGENT, POSSIBLY DANGEROUS, WHICH SHOULD NOT RECEIVE THE SANCTION OF ADS IN A MAGAZINE FOR PEOPLE CONCERNED WITH FITNESS AND HEALTH--

Sam Schuman
Steve Norton
Vaughn Holyoke
Ed Rice
Steve Palley

olympi
sport
center

MAINE'S FINEST SELECTION
OF RUNNING FOOTWEAR

NIKE, ADIDAS, NEW BALANCE

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RUNNING OUTERWEAR ALSO

207 maine mall south portland maine 04108
207 / 773-8131 803 / 431-4304



SUMMERTIME

adidas makes a complete line of running shoes. Whether you're a competitive runner or a weekend jogger, adidas makes the shoe for you.

adidas 

the Athletic Attic & the Androscoggin Harriers would like to present a night with John Frachella
August 4, 1981 at 8:00 pm at the Casco Bank & Trust Co., Great Falls Plaza, Auburn, Maine

Dr. John will speak about health & general fitness.

Topics

1. Running-Training
2. Weight training
3. Diet
4. Slide Show
 - a. Road Race Pictures
 - b. John's Adventures

Open to the Public!



ATHLETIC ATTIC
AUBURN MALL
AUBURN, ME. 04210
Tele. 786-2507

ATHLETIC ATTIC
BANGOR MALL
BANGOR, ME. 04401
Tele. 947-6880